

Australia's original & best natural health magazine

# Age-proof your body!

Turn back your beauty clock Cures for CRAFT disease (that's Can't Remember A Friggin' Thing) Eat yourself younger

What's your number?

Secrets of numerology

## KILLER THOUGHTS

5 self-beliefs that pile on the pounds

## Paleo powerfoods

The primal way to burn fat and build muscle

## Meet Melissa Ambrosini

"Strong is sexy, health is liberating, and wealth is not a dirty word"



NATURAL PAIN RELIEF • BANISH CANDIDA FOR GOOD • THE S FACTOR DIET • CRUELTY-FREE BEAUTY • LIVER CLEANSING HERBAL PAINKILLERS • ECO-FRIENDLY YOGA WEAR



## Discover the natural beauty in you



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## health

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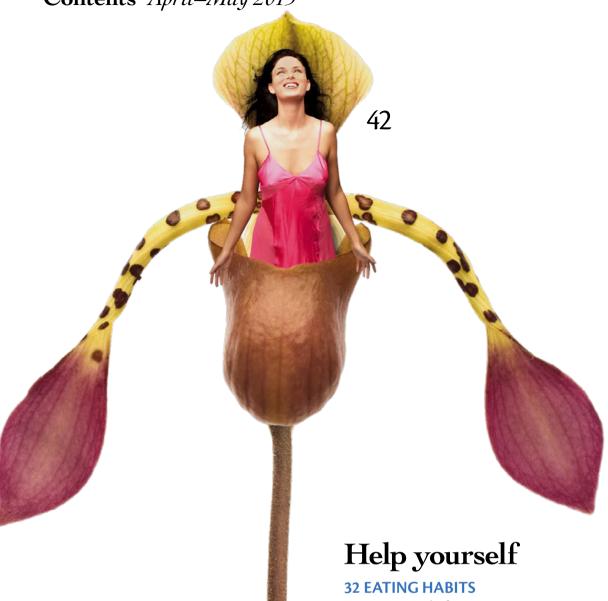
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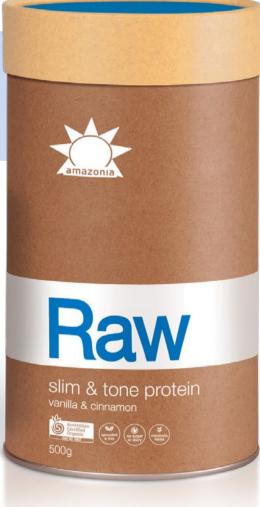


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# Want to slim down?

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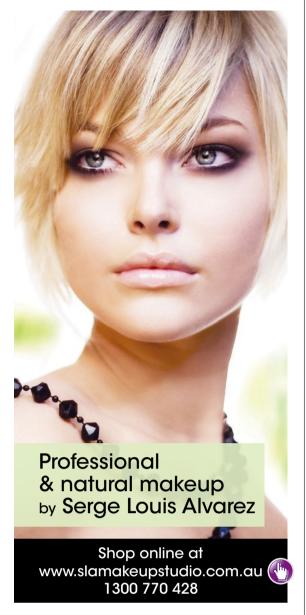


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### From the editor



## Say thank you

"MIND your Ps and Qs" - that phrase has got to be one of the earliest memories I have of my mother. That, and writing bread-and-butter letters on nice notepaper with a proper pen to thank someone for a gift. Giving and receiving thanks oils the wheels of everyday life, and makes our world a little kinder and gentler. There is also something humbling about being grateful, whether it's to another person, or to God, Spirit or Nature or all three for a blessing that just dropped in your lap: maybe it was a flock of kamikaze rosellas that zoomed by on your morning walk, a scrummy salad of persimmon, caramelised pear, fetta and quinoa for lunch, or a glorious rainbow that cheered your commute. I've often wondered about people who have difficulty accepting thanks: "Oh, don't worry about it, it was nothing," they say. Does being thanked make them feel awkward or socially obligated somehow? Much research has been devoted to the practice of gratitude, and it has been shown conclusively to boost your health and happiness. I have learned this for myself, from many teachers – friends, books, spiritual counsellors – and I have found that it is almost impossible to feel angry or sad and grateful at the same time. Try it! Take a minute and give thanks for something, anything. Finally, I love this quote from Meister Eckhart: "If the only prayer you ever say in your life is 'thank you', it will suffice." What are you grateful for? Share with me at editor@natureandhealth.com.au, and you will go in the running to win a year's subscription to Nature & Health!

## Turn to ...

page 54 to meet the lovely Melissa **Ambrosini**, inspirational health and wellness coach.



page 58 for delicious Paleo superfood recipes – the Apple Brussels sprouts slaw is amazing!



page 70 to learn what numerology can tell you about your Destiny Number - and mission in life.



Pamela Allardice - Editor

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P.P.S. Sign up for our FREE weekly natural health tips, delivered right to your inbox. Simply visit our homepage(www.natureandhealth.com.au) to subscribe and start getting healthier.

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## Letters

What you have to say about putting yourself first, inspirational authors, and your favourite natural health tips.

## TOP READER STORY

Callie Montague wins an Amazonia RAW Slim and Tone prize pack containing RAW Slim n Tone protein, RAW Sugar Crave Release spray, and RAW Pre-biotic plus meal ideas and weight loss pointers, all valued at a total of \$129.85. Thanks to Amazonia (www.amazonia.com.au), and congratulations Callie!



### Great vision

This year I've created for myself this vision board so that I am reminded daily of my resolutions or commitments to myself, which are all of the good habits I want to cultivate and strengthen to support my health and wellbeing: relaxation, detoxification, nutrition, nourishment, gratitude, spending time in nature, radiating love and playfulness, to list a few. And the best bit is all my old copies of Nature & Health helped to create this masterpiece! Thank you!

Callie Montague, via e-mail

## Coming first

Your article "The art of self-care" could not have come at a better time. I had three traumatic 'endings' in a row -aredundancy, a broken relationship, and the death of a dear friend – and I was feeling very bruised. This article was like a light bulb going on in my brain, it really helped me to focus on my needs.

Jessica Stone, Katoomba, NSW

## Spiritual inspiration

Over the past year, I have embarked on a soul journey of spiritual study. Your interview with Deepak Chopra stands out as one of the most impactful pieces I have read.

His words, "There's a time when every crisis can become a transformation; in

our lives that time is the turning point," is my new mantra!

Deni Garcia, Kew, Vic.

## Party favours

I made your Pistachio and Prune Truffles as my



bring-a-plate contribution for our work family day picnic - wow! Even my boss asked me for the recipe!

Lexie Heffernan, via e-mail

## Greater expectations

My husband and I are planning our first child, so "Greater expectations" was extremely interesting. I am amazed at what I learnt from this article. My husband and I are tuning into our bodies and ensuring we are nutritionally ready and at our optimal health for this exciting new challenge. Thank you for preparing us.

Melanie Cruikshank, Cheltenham, Vic.

### Facebook feedback

**ChiroCare** Not sure if it's a compliment, but your mag is the one that always gets pinched from our reception ...

**Zumbagirl** Great reading in your e-news! Robbie-Lee Harris I love my Jurlique prize! Terry Meguro I have today off, and am planning to spend it reading your new issue! Melissa Davies Great mag! I read every word. Now I've subscribed I intend to clear a space on my bookshelf to keep every issue. Well done to all the writers and editors.



Got a comment, hint, tip, or idea? Email editor@natureandhealth.com.au or like us on Facebook

www.facebook.com/NatureAndHealth, for your chance to win a prize!



## We asked you ...

"What's your favourite natural health tip?'

Naturalchoices Coconut water! Not just for drinking, it makes a super-hydrating facial toner.

**Giuliana Lepre Hudson** I start the day with a smoothie made from berries, chia seeds, unsweetened almond milk, and protein powder. This keeps me going until morning tea, when I snack on one of my 'bliss balls', made from dates, walnuts, seeds, coconut, and coconut oil. I also make my

own facial oil, with a blend of rosehip, evening primrose, argan, jojoba and apricot kernel oils.

Leigh Lee I make a great face mask by mashing together banana and olive oil - it really works!

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## April is the month to ...

## Pick a daisy

If April is your birth month, then this is your flower; in the Victorian Language of Flowers it means 'simplicity', so fill a vase and contemplate their sweetness.

2 Travel calmly

If you're hitting the road (or a boat or plane) for a holiday, pack ginger tablets. They

work just as well as the motion sickness drug Dramamine, without drowsiness.

# 3 Prettify your place

The Boheme range of colourful cushions is printed with eco friendly, water-based pigment inks on 100 percent natural fibre textiles. www.ecochic.com.au

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http://itunes.apple.com/au/app/ nature-health/id610097531?mt=8

## 4 Indulge your senses

Florame is the world's first certified organic perfume - we can't decide between luscious Rose, with palmarosa and iris notes,

or fresh, zesty Lavender. www.ecoproducts4you.com.au

## 5 Freek out

Freekeh is the latest supergrain: made from roasted wheat berries, it has four

times the fibre of brown rice, plus calcium, zinc and iron. www.green wheatfreekeh. com.au



## 6 Sit joyfully

By using cotton offcuts from the manufacturing industry,

Ayo – an African name meaning 'full of joy' - transforms potential waste into beautiful Fairtrade beanbags. www. ecochic.com.au

## $7 _{ m Boat}^{ m Be\ a}$

Practising Boat
Pose (Navasana)
quickly builds core
strength. Balance on
your sitting bones, raise your feet
(bending knees if you're a beginner),
tip your torso back to form a V, and
bring your arms out straight from
your shoulders, for balance. Hold.

The percentage increase in bone fracture risk seen in women who consume too little vitamin E, say Swedish researchers.

## 8 Soak up autumn sun

Sunlight has many health benefits, including lowering multiple sclerosis and diabetes risk. Now a Scottish study says that exposure to UV rays also boosts blood levels of nitric oxide, which reduces blood pressure.

## Support Fairtrade!

May 3rd to 18th is Fairtrade Fortnight, which raises awareness of working conditions of people in the developing world. Support this important initiative by buying these Fairtrade chocolates. www.

oxfamshop.org.au.

## 10 Take a dip

Not bath nig

Not much beats a warm bath on a chilly autumn night. Add Epsom salts and bicarb soda (to draw out toxins), a teaspoon of ground ginger and 3 drops of lemon oil (to stimulate liver and kidneys). Aaaah ...





## Expert Q+A:

This is the abnormal growth of endometrial

tissue in areas outside the uterus. Theories on causes vary, from immune system dysfunction and retrograde menstruation, to hormonal imbalance and hereditary factors. Symptoms include pelvic pain during and around menstruation, abnormal bleeding, bowel disturbances, painful urination, pain during sex, fatigue, and infertility. Eat antioxidant-rich, antiinflammatory foods - fresh berries, turmeric, ginger, garlic, oily fish - and reduce sugar, caffeine, alcohol, and dairy Acupuncture, homeopathy and herbal medicine demonstrate positive results in treating symptoms and associated infertility. Massage, aromatherapy and heat pads ease pain.

Naturopath and nutritionist

Christine Sinclair is a lecturer at

Endeavour College of Natural

Health. www.endeavour.edu.au

## 5 things you didn't know about ... vitamin D

- Women can significantly reduce their risk of endometrial cancer by taking vitamin D supplements, says a Cancer Prevention Research study.
- An analysis of five studies, published in Anticancer Research, shows women with the highest blood levels of vitamin D live much longer after treatment for breast cancer.
- Still on the vitamin D front, men must ensure their levels are optimal too, with a Northwestern University study showing low levels increase prostate cancer risk.

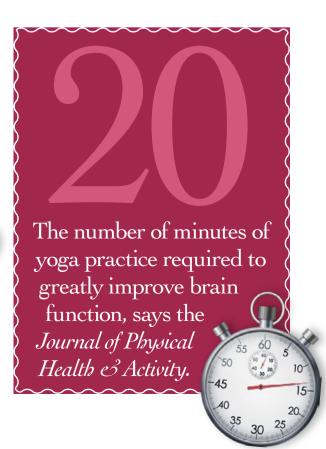
## Wordwatch: Telemedicine

New programs that allow isolated rural patients to meet with psychologists via Skype-type video conferencing sessions.

## Omega-3s for dry eye



A Clinical Ophthalmology study shows that people taking three capsules daily of DHA, EPA and vitamin A had great improvements in dry eye syndrome – on average, symptoms decreased by 43 percent, and their use of artificial tears halved.



## Industry news:



There is increasing concern regarding illegal natural medicines in Australia – and unscrupulous distributors

targeting practitioners to stock them. Selling illegal products may void practitioners' professional indemnity insurance, leaving them legally exposed, and patients at risk of harm because: Supplements not on the Australian Register of Therapeutic Goods may not be made under TGA Good Manufacturing Practice principles, so quality may be substandard; these products may contain heavy metals, pesticides or microbial contaminants, which are not screened for in many countries; and they may contain herbs with inadequate active ingredients - or the wrong herb entirely. ATMS encourages practitioners to ensure all products comply with Australian regulations for complementary medicines or foods. Consumers should look for an AUST L or AUST R identifier on the product's

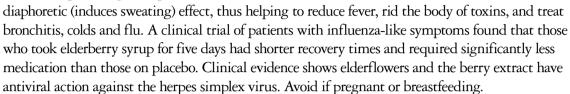
> packaging: all registered medicines have a designated number. Check the TGA website (

) to ensure details match those provided to the regulator.

**Trevor Le Breton** is CEO of the Australian Traditional Medicine Society.

## Pick a herb: Elderberry

Black elder (Sambucus nigra) has long been used in folk medicine; it was also reputed to have magical properties. All parts of the plant contain tannins, anthocyanins, vitamins A and C, and flavonoids, providing an expectorant and



Kacey Grieves is a naturopath. www.kaceynaturopath.com.au

## Move, for your heart's sake

Do you live near a main road? You might want to consider a quieter home, with an Environmental Health Perspectives study showing that long-term exposure to heavy traffic increases blood pressure and calcium build-up around the heart.



## **B6** beats arthritis

When you think of anti-inflammatory nutrients, you probably think of the omega-3 fatty acids - but that's not the whole story. A study from Norway shows that inadequate vitamin B6 is linked to increased chronic inflammation in the body; plus it plays a role in over 100 anti-inflammatory enzymatic reactions.

Taking 5.5g of omega-3 fish oils daily, along with drugs for rheumatoid arthritis, boosted the drugs' performance and slowed the disease progression, says an Adelaide study.

New mums worried about developing post-natal depression should walk regularly in the countryside; a Canadian study found urban women were twice as likely to get it.

In brief ...

 Young men looking to father a child should skip junk food, with a Harvard Medical School study linking such foods to 43 percentage reduction in sperm count.

## Your top 5 online favourites!

#### Now on www.natureandhealth.com.au

- **1. G marks the spot** Sex therapist Tamra Mercieca reveals how to awaken your inner goddess! www.natureandhealth.com.au/news/g-marks-the-spot
- **2. The ancient art of Samvahan** All living matter vibrates, and those vibrations can be 're-tuned'. www.natureandhealth.com.au/news/the-ancient-art-of-samvahan
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- **4. Recipe: Chocolate ganache** This indulgent recipe is full of secret superfoods spirulina, anyone?! www.natureandhealth.com.au/news/recipe-chocolate-superfood-ganache
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# Detox your life

# What does a morning in the life of a Wellness Warrior look like? Jessica Ainscough sets you up for the best day, every day!

was once a terrible morning person, but over time I've worked myself into getting up at 6am. It was hard at first but now I love it, simply because I feel so amazing after completing my morning rituals. Even if you don't change any other part of your day, try these eight daily acts of health before 8 a.m. – yes, it is possible!

## 6 am Mental gratitude list

Before I open my eyes I run through a list of things I'm grateful for in my mind - anything from my comfortable bed to the snoozing pooch on my couch. You know how good it feels when you think of a happy memory or an exciting prospect, so do this every morning with what you had yesterday, have right now, and looking ahead to tomorrow.

## 6.05 am Dry body brushing

Before I shower, I stimulate my lymphatic system, promote circulation and prevent cellulite by dry body brushing. Consistently practising this has proven results.

## 6.15 am Meditation

After my shower, I trot upstairs to my meditation room for 30 minutes of silent, mindfulness-based stillness meditation. If you don't have a dedicated meditation space, set yourself up on a cushion in your favourite spot in the house, or have some earthing time with Mother Nature outdoors.

## 6.45 am Oil pulling

One of my favourite health rituals! I pour oil onto a tablespoon, add a couple of drops of oregano oil (great anti-bacterial and anti-fungal), and swish it around my mouth for 20 minutes while I sit outside on my daybed and read. "The oil acts like a cleanser," says naturopathic physician Bruce

Fife. "When you work it around your teeth and gums, it 'pulls' out bacteria."

## 7.05 am Movement

I jump on my mini trampoline for 10-15 minutes; I also do this a throughout the day, to break up time spent on the computer. Find what feels good for you: yoga, some pool laps, or even 10 minutes of hula-hooping!

## 7.20 am Inversion time

My yoga teacher Susana Frioni says inversions

are the best way to stimulate my lymphatic system, so I do them every morning for a minute or so. An inversion is a yoga pose where your legs are elevated above your heart. I like shoulder stand, but would love to be able to do a headstand (building up to this).

## 7.25 am Healthy breakfast

Rolled oats, the true breakfast of champions - I can't tear myself away from them. You can find my recipes on my blog. Otherwise, stick to what works with your digestion, giving you fuel and enthusiasm for the day!

## 8 am First juice for the day

Green juice time! I try many varieties to keep this ritual interesting and super-tasty!

It is with the deepest sadness that we advise, at the time of going to press, that The Wellness Warrior **Jess Ainscough** had just passed away. We publish this, her last column for us, as a tribute to her remarkable spirit and achievements. She will be a huge loss to our world, and our sympathies are with her partner, family, and friends.















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## AUSTRALIA'S NATURAL THERAPIES INDUSTRY IS A DIVERSE AND PIONEERING SECTOR.

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- Their significant contribution to the Australian natural therapies community, profession, and industry
- Their role as a mentor for others

All awards finalists (three per category), will be flown to Sydney for the ATMS + Nature & Health Awards 2015 ceremony, where category winners will be announced and receive their awards.

## **NOMINATE A PROFESSIONAL, PRACTICE OR STUDENT NOW!**

To nominate, or for more information, visit www.natureandhealth.com.au/awards ©









A healthy start The Nutritioness

## Margaux J. Rathbun

shows you how to keep the men in your life healthy and happy with the right plantbased foods.

Food is more than fuel, guys. The right foods and diet can help to fight disease, especially prostate and colon cancer, as well as manage weight, boost energy and libido, and keep you feeling strong and looking and acting younger than your years.

**Cherries:** Inflammation in the body slows men down, and has also been shown to be the root cause of most disease and discomfort. If your man works out a lot or is prone to sports injuries, add tart cherries to his diet because they contain high levels of anthocyanins to block the enzymes associated with inflammation.

Pomegranate: Erectile dysfunction affects many men, and it is nothing to be embarrassed about. Add 'natural Viagra' to his diet, in the form of pomegranate seeds or juice. Research shows that the antioxidants in pomegranates can help reverse oxidative damage to the vascular system, which plays a major role in helping men to get erections.

Black beans: Not only are these little legumes packed with protein, they are an amazing source of fibre to promote regularity. Best of all? Black beans have just as many antioxidants as cranberries and grapes, two fruits considered to be antioxidant all-stars. Black beans are also low in calories and fat-free.

**Walnuts:** Loaded with omega-3 fatty acids, walnuts help boost brain power in both men and women; they are also wonderful for promoting cardiovascular health, plus, just like pomegranates, walnuts have been shown to contain nutrients that help get your man in the mood for some intimate time.

**Papaya:** Does your guy suffer from indigestion or flatulence? Have no fear. Papayas contain the enzyme papain which has been shown to help relieve both of these problems. It is also wonderful for relieving inflammation, and is low in calories and packed with vitamin C.



Get your daily dose of man-friendly nutrients with this delicious smoothie! It's packed with enzymes for promoting good digestion, omega-3 fatty acids for a healthy heart, and antioxidants to boost immunity.

- 1½ cups of coconut milk
- ½ cup pomegranate seeds
- 1 banana
- 1 cup papaya chunks
- 1 tablespoon chia seeds

Add all of these ingredients to your blender and process until smooth. If you prefer to drink your smoothies cold, you can add some ice cubes. You can also pour the smoothie mix into ice cube trays and freeze it for a healthy sweet snack.



## Margaux's product pick

Men love protein. They also love protein powders because it's an easy way to boost the protein content of their everyday diet routine. When it comes to selecting the best plant-based protein powder, I recommend Sunwarrior Protein Powder. It comes in regular, vanilla, and chocolate flavours, all of which taste delicious! The powder is also easy to digest, allowing your body to absorb all of the beneficial nutrients. Learn more by visiting www.sunwarrior.com.au.

Margaux J. Rathbun BS, NTP is an internationally acclaimed nutritionist. www.authenticselfwellness.com





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## Stress less

## Vinyasa teacher Krys Hansen teaches you the ultimate stress-busting asana – aaaaah ...

Stress has been called "the addiction of the busy" – and its hold can be as tough to shake as any drug. Long-term worry and anxiety don't just damage our mind and emotions, they also damage our hair, skin, heart, digestive system, and accelerate the ageing process. I have had clients confess they feel "weighed down" by stress, and unable to live an expansive, open life.

It's important to realise that stress is caused by the way we perceive a situation, and what causes you stress may not affect another person. The attachment we feel to that situation creates the perceived stress, and in each moment we have a choice of how we react: if we react with

Remember, regret lives in the past, and worry in the future – you belong in the now.

fear, cortisol and adrenaline are pumped through the body, and being in a constant state of anxiety means the body is constantly reacting as though it is under threat.

To break this cycle you must adjust your mindset, and the best way to do this is to pause and give yourself time to release. Viparita karani, or Legs Up the Wall pose, is a restorative inversion that calms the mind, improves circulation, eases back pain, relieves tension, and rests tired legs. Practising it for 15 minutes daily will give you the space to consciously clear your

mind and relax your body. It's suitable for beginners, takes very little effort, and is ideal for just before bedtime.

## Viparita karani

- 1. Sit with one side of your hips flush against the wall. Supporting yourself with your arms, swivel your buttocks against the wall and extend your legs up so the back of your legs are on the wall.
- 2. Lie back and take your arms a little away from your sides. Focus on your breath and stay in the pose for five to 15 minutes. Note: Avoid this pose if you have eye problems, such as glaucoma. If your feet begin to tingle, come out of the pose by drawing your knees to your chest and rolling onto your side.

## Stress-busting tips

- Unplug: Keep the two hours before bed and the first hour after you wake technology-free.
   Start a more introspective habit, like journaling, meditation, yoga, running, or a workout.
- Detach: It might be time to step out of that "Who is the most stressed" conversation with friends or colleagues; try shifting the subject if stress comes up, or tell them what you are doing to break your stress addiction.
- Repeat: Write an anti-stress mantra and leave it where you can see it throughout the day, and repeat it – a simple one to start with is, "My life is abundant with time. I feel light. I feel free."

Krys Hansen is a qualified yoga and meditation instructor, author, online mumpreneur, veggie mama, lover of a surfing yogi and deliverer of truthbombs on yoga and life. She believes you are the catalyst for change – you just need to believe it. www.modernyogimama.com



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A healthy start Traditional Chinese medicine

## East west

As we move into autumn, TCM doctor Shura Ford shows us how being mindful of our environment can prevent illness.

The transition from summer to autumn sees leaves change from green to yellow and fall to the ground as the energy of nature also moves inwards and downwards, the sap of plants retreating to the roots, preparing for hibernation. In Chinese medicine, autumn is related to the metal phase, and to the organs of the lungs and large intestine: the lungs draw energy in via the breath while the large intestine expels waste, so together they symbolise the action, function and ability of receiving and letting go, physically and emotionally. In autumn, be mindful of strong, cold, dry winds, for the lungs can easily become unbalanced, with the chilly air drying the skin and mucous membranes of the nose and throat. Feelings of sadness, grief, nostalgia also often appear at this time of harvest, presenting an opportunity to reflect.

## Eat to beat the cold

In Chinese medicine, each food has a therapeutic nature and temperature: cool foods or drinks - such as iced water, juices or smoothies, and summer foods like cucumber, lettuce, and melon - can weaken digestive fire. People with a strong constitution can cope with such foods, but others may notice bloating, indigestion, or fatigue.

In autumn, we need warming, protective, and immune-stimulating foods to strengthen the body, open and clear the lungs, and avoid cold invasion from the environment. These include pungent foods - onion, garlic, chives, bay leaf, cloves, cinnamon, ginger, horseradish,

Autumn immunity broth I make this for my family when the cold weather hits, as it is fortifying and warms the body internally. 1.5 kg beef ribs 2 brown onions 2 medium carrots 3 celery stalks 5 garlic cloves, thinly sliced 10cm piece ginger, thinly sliced 12 black peppercorns Unresolved cold in the 8 whole cloves body causes stagnation, 2 cinnamon sticks 4 star anise pods manifesting as digestive 5 cardamom pods gynaecological, or immunity problems.

and pepper - which have ascending qualities,, meaning they clear the lungs and balance the nature of cold foods, such as adding onion, garlic and ginger to a tofu stir-fry. Cooking foods, rather than eating them raw, also warms their nature; ideally, cook foods slowly, e.g. broths (see my "Autumn immunity broth"), soups, stews, and casseroles.

Shura Ford is a doctor of Chinese medicine. Contact her at Ford Wellness Group, www. fordwellnessgroup.com.au

4 litres of water 3 tablespoons fish sauce ½ cup Vietnamese mint leaves ½ cup coriander leaves 4 spring onions, thinly sliced small red chillies, thinly sliced Preheat oven to 200°C. Place bones, onion, carrot and celery in a large baking dish and roast uncovered until browned, approximately 45 minutes. Drain and discard excess fat, place bones and vegetables in a large pot with water, spices and fish sauce. Boil uncovered for at least 1½ hours - longer if possible. Strain liquid; remove beef bones and shred meat back into broth. Cool and discard

additional fat layer. To serve, ladle into bowls

and top with fresh herbs and chilli, to taste.



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\*Sales of all natural and organic products in the Australian/New Zealand region, Nutrition Business Journal

## Sex coach

Tamra Mercieca reveals the secrets of the touch-free, energetic breathwork orgasm.

became curious about energetic breathwork in my early 20s when, during a regular massage, I had one of the most delicious orgasms I'd ever experienced. How was it possible to have an orgasm without any genital contact, I wondered. On doing some research, I discovered that you can actually have an orgasm without any physical touch at all. The pleasure centres activated in someone who uses breath and visualisation to reach orgasm are exactly the same as in someone who reaches orgasm via physical stimulation, which is why studies show that even women with spinal cord injuries can still experience orgasm.

## Understanding energy

We are not just physical beings, we are energetic beings, too. We can't see the energy, any more than we can see the energy that runs a household appliance, but we know it's there because we can see the effects when that energy is turned on, especially when sexual energy comes into play. When you become aroused you can feel the movement of expanding energy between your legs — it's almost as if your genitals are their own person, coming to life.

If, however, your energy is not flowing freely through your body, and you have energetic blocks due to stuck emotions or unresolved pain, you'll feel tired and sluggish, you'll be more prone to illness, and you'll almost invariably have a low libido. Sexual energy is our life force energy: it's what created us. The problem is, many of us are taught from a young age to disconnect from our sexual selves, perhaps even see it as shameful, and whether it's conscious or not that social conditioning will seep into your life and shut you off from your internal energy source.

Energetic breathwork can reconnect you with that source. When we get close to orgasm our heart rate increases, so we take short, shallow breaths which suffocate sexual energy. If, however, we breathe right

down into the genitals with slow, deep breaths, this fans the flames from within.

Tuning in to the energy of the breath effectively awakens every cell in the body to pleasure. Consider the Taoist saying: "The mind moves, and the chi follows." In other words, you can learn to use your breath to move energy around your body – even scientific experiments confirm increased neural and muscular activity in areas where a person focuses their attention.

## Awaken the zone

To build the neural pathways needed to experience energetic orgasms, first invest time in breathing deeply and becoming aware of subtle feelings: spend 30 minutes a day breathing intimately into your body, focusing on letting go and connecting with every sensation - simply notice what you notice.

With practice and patience, you will feel the energy start to move and ripen, and once you awaken your own energetic pleasure centres, you'll be better able to merge with a partner in deep intimacy. The great Tao teacher Mantak Chia says he can make love to his wife while sitting across the room from her. Ultimately that's what is possible, when you learn how to reconnect with your own energetic frequency.

Tamra Mercieca is Sexpo's Relationship and Sex therapist, author of the Getting Naked book series and founder of Getting Naked, where she runs courses on learning to love you! www.gettingnaked.com.au





A healthy start All in the family

All in the family

When a couple become parents, their relationship changes dramatically – but it doesn't have to be for the worse, says Amy Taylor-Kabbaz.

The best thing we can do for our children is to have a great marriage." I remember boldly stating this before our first child arrived, and truly believing that it would be easy to continue to make my marriage a priority. Another two children and seven years later, I'm a lot more realistic about nurturing a marriage while raising a family! But — with loving attention — parenting together can deepen your bond. Here's how:

- **Date nights:** While getting a babysitter and going out is a lovely idea, the reality is that it's often rare. Creating an at-home date night ritual is much easier to stick to. Turn the TV off, take turns to cook dinner, share your thoughts.
- Communicate your needs: Bottling up resentment or anger is toxic for your relationship. If you find yourself complaining to friends about your partner, it's time to talk openly. Be kind in your words, with the aim of healing and moving forward.
- Plan your future: When you're in the middle of baby-land, normal adult life can feel aeons away. Planning something exciting, like a night away in a hotel or a family holiday, will focus your attention on a future treat to ease the daily grind.
- Remember you are memory-makers: You and your partner are working as a team to build your future, and create your ideal life. You are showing your children what a healthy partnership looks like, and building their understanding of relationships.

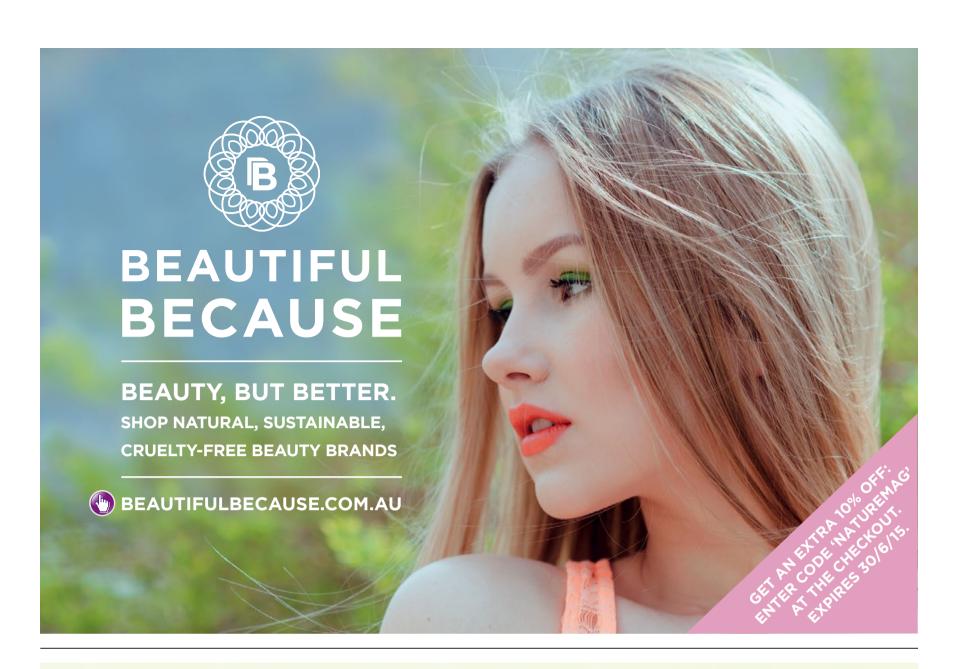


Isiah McKimmie is a sex therapist and relationship counsellor. www.isiah-mckimmie.com

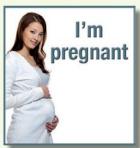
- 1. **Prioritise your relationship:** Your connection is the foundation a strong family rests on. Make time for each other, continue to connect verbally, intimately and physically; don't leave it too long to make time for each other.
- 2. **Nurture your body:** The exhaustion and lack of sleep that come with a baby can strain your relationship. Help your body recover from the depletion of pregnancy and labour and boost your energy levels by eating well and sleeping when you can. Loving your body, even with the changes caused by pregnancy and breast-feeding, is also vital in keeping bedroom intimacy alive.
- 3. Accept that things will change: The increased oxytocin and decreased testosterone that occur as you bond with a new bub are a killer combination for sex. Rather than grieve for the passion and excitement that's lost, find new ways of enjoying intimacy.
- 4. **Understand each other's needs:**Women's needs for touch and intimacy are often met with the baby, while men are often left needing more. Focus on pleasure and connection rather than 'goals' of sex and orgasm.
- 5. **Ask:** You're not a failure if you you need support; getting help will allow you to give more to your relationship and your baby.

Amy Taylor-Kabbaz is a writer, speaker, and mindful mama coach. She works with women all over the world to reconnect with themselves and redefine success with children. Find Amy and her products and online program at www.happymama.com.au.

















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A healthy start Eco style

# Yogini fashion

Ahimsa – or compassion for all beings – is a strong theme in yogic teachings, so it makes sense to source ethical yogawear, says

Amanda Rootsey.

There are so many gorgeous brands out there, like Soulshine, which donates to Voiceless 365 to fight animal abuse and the Choclo Project, which supports disadvantaged children – and uses their art in the graphic designs on their fabrics. Here are some more of my favourites.





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stitching and vegetable

Expert Q+A:

Sara Dobson, Dragonfly Active, www.dragon flyactive.com.au

What inspired you to create Dragonfly Active? The brand has been around as dancewear for over 20 years. When we relaunched it as activewear, it became clear that an eco element was important. My husband and I are passionate about living

conscientiously, and this trickles into how we live.

What is the Eco range made from? The

Renew fabric is made from 100%

regenerated polyamide yarn, which comes from plastic bags and bottles. The yarn is tested by OEKO-TEX for harmful substances, receiving the Standard 100 Certification: this means customers can be sure the product is safe for them and the environment. People heat up when they exercise, making their bodies vulnerable to absorbing hormone-disrupting chemicals present in some conventional fabrics. It's nice to know that when we're working out, we can be safe.

How can we make conscious fashion choices? Ask yourself, "How am I living and consuming today? How could I do it differently and more responsibly in future?" You will then start to make positive changes – even if they are small to start with.

RIGHT: Dragonfly Active's Eco range is made from Renew, a 100% recycled fabric.



Amanda Rootsey is an eco model, co-founder of the Vegan Card and founder and director of Shine From Within, giving teenage girls the confidence to shine. www.amandarootsey.com.au

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## Blues busters

A staggering one in seven Australians will experience depression in their lives. Nichola Suzanne Marsonet

investigates the latest findings.

esearchers have discovered amazing Revidence within the human brain showing that there may be very different causes of depression, which goes some way towards explaining why there is so much variation in treatment choices and widely varying levels of success. For example, depressive symptoms may result from physical changes in the brain, including nerve cell death or inflammation; other research suggests depression can arise from a seemingly permanent 'hyper-connection' of nerve cells, which is caused by chronic negative thinking and worry. But we don't yet have a test to identify an individual's depression type and cause, so treatment will

require some degree of trial and error, and it is always best to work with a trained professional, such as a counsellor or psychologist, to support you on your journey.

Move, baby, move
A Harvard Medical School study has
shown that just half an hour of moderate
exercise five times a week is an effective cure
for depression in many people. Try a walk, a
gym session, skipping, or playing footy with
the kids. And if you have very young
children you can't leave, try walking up and
down a staircase for 10 minutes three times a
day, for your own at-home step workout!

Acupuncture has been used to treat many different conditions, and now research suggests it can also ease depression, with a study finding that electroacupuncture - a form of acupuncture where small pulses of electricity flow through the needles - is as effective as conventional antidepressants in treating moderate depression.

## 7 Think a little less

Rumination - the mulling over of difficult issues without resolution - is hard on a brain. Rumination uses large amounts of mood-regulating brain chemicals, leaving you emotionally depleted and more vulnerable to feeling down. Allow yourself to think about a difficult issue for a few moments each day, then write it down and put it aside for the day. Then try to distract yourself with pleasant thoughts - the more you practise this technique, the more effective it is.

Go bananas

Bananas are good for your body, and also good for your brain, according to author and Nature & Health columnist
Tamra Mercieca who has written about her own battle with depression in The Upside of Down (www.theupsideofdown.com.au).
Bananas contain tryptophan, a chemical that is a natural form of the brain chemical serotonin which regulates mood.

Bre-e-e-a-t-h-e

How we breathe has a significant impact on how the brain regulates the nervous system. The quick, shallow breathing that we use when we are overwhelmed or scared activates alarm systems in the body, triggering stress and depression. Slow, deep breathing, on the other hand, turns off alarm systems and creates calm. Attend yoga or meditation classes to learn the healing art of deep breathing and use it every day.

If you or anyone you know is feeling suicidal, please call Lifeline on 13 11 14 or Beyond Blue 1300 22 4636, 24 hours a day, seven days a week.

Counsellor **Nichola Marsonet** is the author of IVF and Ever After: The emotional needs of families (Rockpool Publishing).

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# Access all areas

Chiropractor, speaker and author Dr Dain Heer credits Access Consciousness® with saving his life. He speaks with Patsy Bennett.

You say this modality saved your life. How?

I was trying every technique under the sun to feel better about myself. All I was looking for was to change my levels of stress, unhappiness and struggle with money - I wasn't asking for a mansion and enlightenment. I was so tired of waking up feeling depressed. I said to the universe: "Look, you've got six months; either my life changes or I'm killing myself."

A week later, I came across Access Consciousness®, and I had one session, called a Bars session, and literally an hour and a half later, I left my office that I hated, looked up at the sky and said, "Has this always been this beautiful here?" I'd had awakening experiences in the past. The difference with this was I felt connected to everything. Also, the practitioner gave me tools to start using when that feeling of connectedness, that ease went away.

Can you take me through some of these tools?

One is to begin to ask questions, rather than to come to conclusions. It's a simple tool, but when you apply it, you can see how powerful it has. One question you can ask is, "What's right about me that I'm not getting?" We judge ourselves for doing and being something wrong, but once we ask what's right – but what we're

Access Bars® utilises pressure points on the head to defragment the electromagnetic components of stress, thought, and emotions.

not getting - we start to recognise that maybe that something that is right about you can shift the energy. Another question is, "How does it get any better than this?" You can ask it both when something good happens, and when something bad happens. Either way, it opens the door for a different possibility.

### Is Access Consciousness® a physical modality, toos

Yes; it has the Bars, which are fundamentally an energetic technique, where the practitioner places their hands lightly on a person's head. Here's another helpful tool: the awareness that somewhere around 98 percent of people's thoughts, feelings and emotions don't actually belong to them. People pick them up like big psychic radio receivers. So if you ask, "Who does this thought or feeling belong to?" you may find, "Oh my gosh, none of this stuff is mine!" If you do that for three days, for every thought, feeling, emotion, judgment and heaviness you have, at the end of it, when you've let go of everything that isn't yours, you'll feel like you're in a walking talking meditation – plus, you'll break the machine that makes you believe it is yours. These tools can stand alone; you can use them as a way of shifting energy in any situation; you can go back and unlock an issue or a viewpoint from where it was created, just by asking for it; and you can take what you would have done in a 30-minute visualisation and do it in 30 seconds.

### Are the pressure points on the head like acu-points?

There are actually three or four systems which use points on the head, but the Access Bars system is unique: it's something that Access Consciousness® founder Gary Douglas got the information about 25 years ago. For example, there are two points, joy and sadness, above the eyes, and we had scientific validation right from the outset that there is something measurable happening there: it seems that we're dissipating the electromagnetic component of thought and judgment, so that the positive and negative polarity goes away, and you get to a point where you don't have to judge. The points all have names, such as the money point, so when you hold that point, people who may have been stressing about money can let it go; it becomes an ease for them.

### Where did Douglas get the information from?

He channelled it. He had no intention of doing so, but he had made a demand in his own world similar to the one I made: "You know what? If this is all there is ... show me something!" He then learned how to channel and after that, he learned about the Bars, and was very surprised. He was actually channelling Rasputin, "the mad monk of Moscow" - all his friends were channelling sweet light beings, and he got Rasputin! I think it's fitting, because our definition of consciousness is "where everything exists, and nothing is judged".

Dr Dain Heer is the author of Being You, Changing the World, and he will be visiting Brisbane on May 6 2015, where his class will be live-streamed. Find out more about the event and Access Bars at www.drdainheer.com and

## What is Energetic Synthesis of Being?

This is a process, or an energy that I work with, which was the result of Bars sessions with Gary Douglas. He said, "Ask my body what it wants; follow the energy, you'll know what to do." There was an energy that came through - it was peace, love, light, possibilities; it was like being nurtured by every molecule of the Earth. I call this energy ESB. It's something I teach people to access in their own lives, and it's something that people have more access to once they've done Access classes, because the points of view that keep things out of your world start to go away and the awareness that you can embrace the world shows up. ESB classes are all about empowering people to change their choices and their lives. If we don't empower people, then our world doesn't change. It's a new relationship with what people know as love, Spirit or the Universe, which can unlock stuck patterns in their lives.



# Cheers to kefir!

Sipping this fermented beverage will improve lactose intolerance and protect and nourish the gut. Naturopath Meg Thompson shares her recipes.

efir is made from small, gelatinous globs called grains. They look a bit like tiny, slimy cauliflower florets, clumped together waiting for a cheese sauce. Sounds appetising, doesn't it? But, like everything, it's what's inside that counts. Mingled among the clumpy grains are a plethora of beneficial bacteria and yeasts. They are self-reproducing, and given the right conditions will continue to do so indefinitely. Magically, the kefir culture changes liquids like milk and coconut water into truly powerful health-giving beverages. Once the grains are added to the milk, the hungry beasts begin to consume the sugar (lactose) until it is gone. The end result leaves you with something similar to a drinking yoghurt, but a little tarter and with much more bacteria and goodness.

## Improving lactose tolerance

Fermented milk beverages like kefir can improve lactose intolerance. Gut bacteria, in particular a healthy strain of E. coli, help digest lactose. We normally associate E. coli with food-poisoning, but a number of strains live happily in a healthy gut. Furthermore, these E. coli produce vitamin K2 and can prevent other pathogenic bacteria from setting up shop in the gut.

Dr Natasha McBride explains that, as children, our guts are loaded with beneficial strains of E. coli that flourish until antibiotics or other toxins destroy them. Fermenting the milk beverage reduces the lactose, as the bacteria use it up to feed themselves. Research in the Journal of the American Dietetic Association shows kefir to improve lactose tolerance.

Fermented beverages both protect and nourish intestinal cells. One study in the Biological and Pharmacological Bulletin showed kefir in particular to protect the intestine against radiation therapy and promote the regeneration of the cells.



## Blueberry basil kefir

- 1 cup basic coconut water kefir
- 2 tablespoons organic blueberries
- 12 small fresh basil leaves

Place ingredients in a glass jar, leaving 2.5cm of space at the top, and put the lid on. Keep jar at room temperature and out of direct sunlight for 2 days. Strain out blueberries and basil and enjoy right away or refrigerate in an airtight bottle for up to 1 month.

## Creamy chocolate kefir shake

- 2 cups basic milk kefir
- 2 small frozen bananas
- 2 tablespoons raw cacao powder

A fantastic benefit of kefir is its antibacterial effect from organic acids produced during fermentation, which helps prevent gut disorders and vaginal infections. Add the ingredients to a blender and blend on high speed until smooth. Enjoy right away, or refrigerate in an airtight bottle for up to 2 days.

## Fermented skincleaning smoothie

- 1 green apple, preferably organic
- 1 cup basic coconut water kefir
- 1 cup chopped pineapple
- 1 cup chopped cucumber
- 1 cup spinach leaves
- ½ avocado, pitted and peeled
- 1 tablespoon fresh lemon juice
- 1 2.5cm piece peeled fresh ginger
- 2 or 3 ice cubes

Place ingredients in a blender and blend on high speed until smooth. This drink is best enjoyed right away.

Meg Thompson is a naturopath, cook, mother, and the author of Cultured & Fermented Foods (Fair Winds Press; www. capricornlink.com.au), available at all good bookstores. To buy kefir grains, visit Pink Farm, www.facebook.com/ourpinkfarm.

## First things first

To make basic coconut water kefir: Add 4 cups coconut water and 2 tablespoons water kefir grains to a glass jar, cover with cheesecloth, seal with a rubber band, and leave to ferment at room temperature for 24 to 48 hours. Strain grains through a mesh strainer and transfer fermented kefir to a lidded glass jar, leaving about 2.5cm of space at the top. Add flavourings (fruit, herbs) and allow to ferment for 1 to 3 days. After fermentation is complete, refrigerate for up to 1 month. Transfer grains to a new jar to start a new batch.

To make basic milk kefir: Pour 1 cup milk into a glass jar and add 1½ teaspoons milk kefir grains. Secure a piece of cheesecloth on top with a rubber band and store at room temperature for 12 to 24 hours. The longer you leave it, the more sour it will become, and the less sugar your kefir will have as the grains feed off the lactose (milk sugar). Strain kefir through a mesh strainer into a second glass jar, seal with a lid, and enjoy as is, or refrigerate for up to 1 week to use in other recipes. Transfer leftover grains to a new jar to begin a new batch.



## Thai-riffic!

The distinctive herbs and spices used in this tasty cuisine are also loaded with health benefits, says

Margaux J. Rathbun.

## Ginger

Best known for calming nausea, ginger also relieves arthritis pain and migraines, thanks to its anti-inflammatory properties. Studies support many additional benefits: ginger helps prevent lung, breast and bladder cancer; it plays a role in preventing heart attack by decreasing the platelet aggregation that triggers artery-clogging clots, and it lowers LDL ('bad') cholesterol. **Tip:** Add ginger to soups, smoothies, chutney, and sushi.

## Galangal

Commonly used in many Thai dishes, this relative of ginger has a flavour that is a cross between ginger and chilli. Long used in traditional Thai medicine to treat digestive and skin disorders and arthritis, galangal's

prowess is due to galangal acetate, a potent anti-inflammatory compound. Galangal has been shown to prevent the cellular growth seen in lung, skin, breast, and blood cancers. **Tip:** Use galangal in curries, stews, and stir-fries – it goes especially well with chicken.

## Coriander

This herb has a pungent aroma that marries nicely with other staples of Thai cuisine, like turmeric and garlic. It is thought to be one of the world's oldest condiments, with seeds having been found in a Neolithic archaeological dig dating to 7,000 B.C. Traditional Chinese medicine practitioners use the seeds to treat indigestion, wind, and constipation. Studies show coriander helps reduce LDL ('bad') cholesterol while elevating HDL ('good') cholesterol. The essential oil is excellent for treating inflammatory skin conditions like psoriasis; it can also treat yeast infections. **Tip:** Try coriander in bean and potato dishes;

it's also great with fresh fruit salad.

## Cardamom

This flavourful spice is the one that melds others like cinnamon, clove and cumin all together in harmony. Cardamom has a penetrating, distinctive aroma, and contains over 25 volatile oils. Studies show that it is beneficial in helping to prevent colon cancer, stopping stomach ulcer formation, and relieving asthma, thanks to its powerful antiinflammatory and antispasmodic agents. **Tip:** I like using cardamom in desserts – try it in custard or rice pudding.

## **Chillies**

Turn up the heat, and reap the health benefits! Chillies' intense heat comes from an alkaloid called capsaicin, which also provides natural pain-relieving effects: used topically in proprietary creams, capsaicin can help to relieve arthritis and nerve pain. If you want to boost your metabolic rate, add more chillies to your diet because they have been shown to increase the rate at which the body burns calories, while simultaneously curbing appetite. Chillies are particularly hearthealthy, because they reduce the formation of blood clots and also improve cholesterol levels. **Tip:** Chillies add oomph to many dishes, from stir-fries and soups to sauces and salsas.

Margaux J. Rathbun, B.S., N.T.P., is a certified nutritional therapy practitioner, media nutritionist, and the creator of Authentic Self Wellness. www.authenticselfwellness.com



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## **MAGAZINE**





## **INSTAGRAM**

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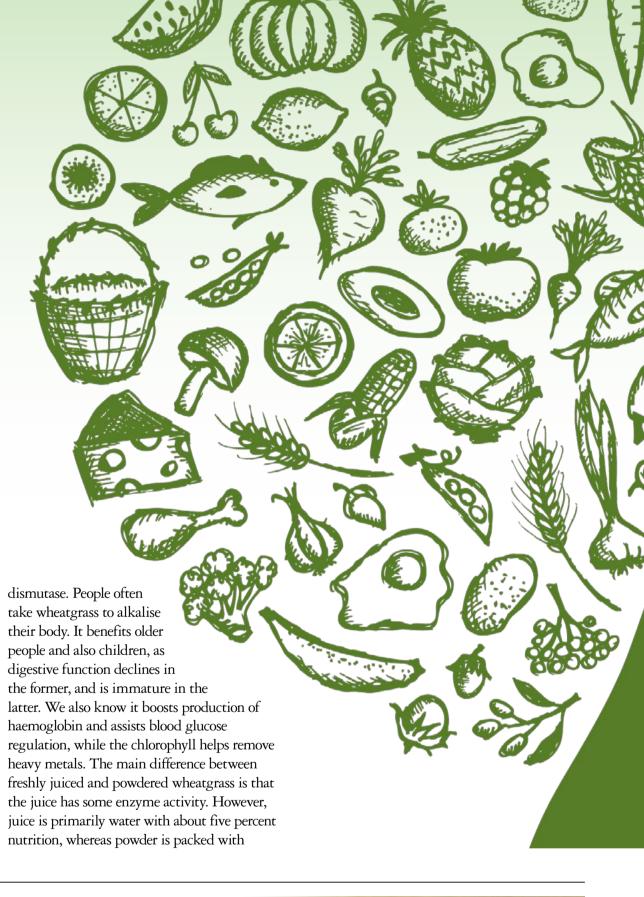
# Food O+A

Naturopath Teresa Mitchell-Paterson has the answers to your questions about food, nutrition, and diet.

## Into the green

Q. Why is wheatgrass so healthy for you?

A. First, wheatgrass is made from the immature shoots and sometimes the root, but not the grain, so it doesn't contain gluten. It's a concentrated nutrient source, containing up to 300 percent calcium, by weight, that's present in milk, about 800 times more iron than spinach, large amounts of beta-carotene, approximately 80 minerals – depending on where it's grown – and all the essential amino acids. Plus, it contains two excellent detoxifiers: chlorophyll and the antioxidant superoxide









nutrients. Look for a product that hasn't been heat-processed - information that should be on the package. The other indication is colour: if the powder is bright green, no heat was used, but a dusty green colour indicates it was.

# Pick-me-up supplements

### Q. What are the best energising supplements?

A. I'm not fond of stimulants like ginseng. Instead, I recommend a broad spectrum B-complex in a fairly low dose that mimics nature. We simply don't get enough B vitamins from grains, nuts and seeds as they're lost in processing: grains are milled, nuts and seeds are heat-treated to destroy microbes. B-complex staves off fatigue and boosts energy – but only if you eat well, because they actually release energy from food. I never prescribe single B vitamins as the eight different B family members work synergistically. For example, B6 is needed to absorb B12, while folate (B9) is a buddy to B12. Another important pick-me-up is bitter tastes, something the modern diet lacks. Bitter vegetables - kale, chicory, watercress, radicchio, witlof, or alternatively, Swedish bitters strengthen digestion, break down food, which

Bitter vegetables like kale stimulate gall bladder function so you empty the bowel regularly, preventing old faecal matter from building up.

increases body energy, and improve pancreatic function, which improves blood glucose levels.

# Beat cravings

# Q. I get killer food cravings – what can I do?

A. Don't use food as a substitute for something else. If you're bored, stressed, or have no spiritual guidance - something I believe is lacking in modern life - you may turn to food to fill that void. Seek counselling if you believe your cravings are being triggered by something you're missing. Eat a nutrient-rich diet. Chemical receptors in the body tell the brain when nutrients enter the body, and this decreases appetite. If you're eating foods lacking in nutrients, your body will trigger you to keep eating until you deliver them. Avoid stimulant drinks - apart from being loaded with sugar, they trigger production of neuropeptide-Y, which actually makes you eat more high-sugar foods. Avoid artificial sweeteners. Research shows repeatedly ingesting them stimulates appetite, increases carbohydrate cravings and promotes fat storage; some studies suggest weight gain is greater with them than with sugar! Protein increases satiety, so eat a diet based on lean protein, plus up to 50g of good fat like olive or coconut oil, which is the body's preferred fuel, and you can balance your body's hormonal chemistry, which will help you to lose weight.

Naturopath Teresa Mitchell-Paterson, BHSc (Comp.Sci.), MHSc (Hum.Nut.) is a member of the Australian Traditional Medicine Society.

www.atms.com.au



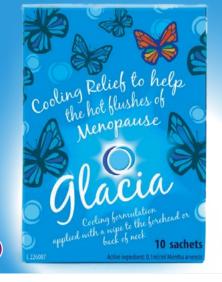
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www.glacia.com.au 🕒



Help yourself Nutrition notes

# Nutrition notes

Kudos for CoQ10, brassica bonuses, the best-ever sweet potato soup and a surprising new benefit of going gluten-free.



### Expert **)+A: Nutrition for** anxiety

When clients mention anxiety, mostly they're not coping with certain life situations. Unless you work together to identify what activates these feelings and develop coping strategies, neither medication nor nutrition will help. Then, heavily reduce simple carbohydrates: people with anxiety tend to self-sedate with sugar and fat. Sugar creates temporary wellbeing, followed by a crash; it also destroys mood-supportive magnesium, calcium and B vitamins. Concurrently increase protein: eat an omelette for breakfast;

> tuna or chicken with salad for lunch; and grilled fish or meat with vegetables for dinner.

> > Throughout the day, sip juice made from lettuce, green beans, carrots and apples. To get over the 2 p.m. slump, whip together 200ml of this juice with 200ml almond milk, a raw egg, and dash of cinnamon.

Dr Sandi Rogers ED.D. is a life member of the Australian Traditional-Medicine Society. www.atms.com.au

**5 things you didn't know Sulphoraphane – found in broccoli,**cauliflower and kale – counters the



- - Broccoli can be your glass of milk: one cup supplies 41 milligrams of calcium, plus vitamins C and K, which are needed for skeletal health.

percent of intestinal ulcers.

• According to Johns Hopkins University, brassicas stimulate antioxidant genes and enzymes and weaken the free radicals that cause oxidative damage.

H. pylori bacteria, which causes 90

## Editor's pick:

Brookfarm's coldpressed Macadamia Oil is a rich source of monounsaturated 'good' fats – 10 percent more than olive oil. It's also high in protein and has a lush, buttery taste. www.brookfarm.com.au



The percentage reduction in breast cancer risk

in women who had three bowls of miso soup a day, says Tokyo's National Cancer Research Institute.

We love ... Made from konjac, a high-fibre Asian vegetable, SlimPasta has 94 percent less calories than wheat pasta, plus you feel fuller for longer. www.slim pasta. com.au

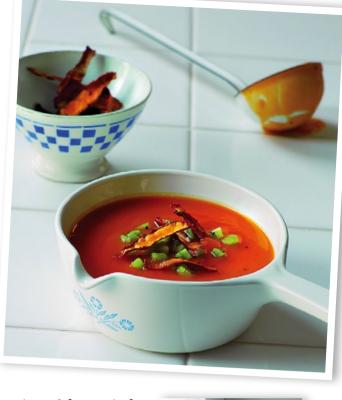
"Sugar is the new nicotine - in animal studies, they find rats go for the sugar and that it's eight times as addictive as cocaine."

– Dr Mark Hyman

## Must-try this month: Sweet potato and kiwi soup

Fruit in soup? Am I mad? Perhaps, but this combination does, for some reason unbeknown to me, sing.

- 1 tablespoon olive oil
- 4-5 garlic cloves, roughly chopped
- 600g sweet potatoes, roughly chopped, peelings reserved
- 1 vegetable stock cube, crumbled
- 1 kiwi fruit, peeled and roughly chopped
- salt and freshly ground black pepper



Heat oil in a large, heavy-based saucepan. Add garlic and fry gently for 1-2 minutes. Add sweet potatoes, season, and stir. Cook for a few minutes then cover with water and stir in stock cube. Cover, and simmer for 10-15 minutes. Transfer to a blender, add kiwi and blitz until smooth. Return soup to pan, adjust seasonings and serve with sweet potato crisps. To make crisps, place peelings in a roasting tin and coat with 1 tablespoon olive oil and 1 teaspoon smoked paprika. Season and bake for 15-20 minutes at 200°C.

Aine Carlin is the author of Keep it Vegan (Kyle Books/Simon & Schuster, www.simonandschuster.com.au), available in all good bookstores.



### In brief ...

- A Clinical Oral Investigation study shows that probiotic lozenges reduce plaque and gingival inflammation, the precursors of periodontal disease.
- Harvard University researchers say vitamin D deficiency is linked to a strong likelihood of developing MS – and a faster progression of the disease.
- Gut says people genetically predisposed for precancerous colorectal polyps reduced the number and size of any polyps they did develop by 22 and 30 percent, respectively, when they took fish oil.

## Hard to beet

People with high blood pressure who drank about 240ml of beetroot juice experienced a decrease in blood pressure of about 10 mm Hg, says a Hypertension study. "Beetroot juice contains dietary

nitrate, which relaxes blood vessel walls and improves blood flow," says lead author



## Amrita Ahluwalia.

# **Kudos for CoO10**

A Danish study found a big improvement in heart failure patients given coenzyme Q10 daily - only 14 percent had a cardiovascular event, compared with 25 percent of those on placebos.

# Spotlight on ... apples

Apples contain pectin, a soluble fibre which picks up heavy metals and cholesterol and forms a gel-like substance that softens stools, for easier elimination; they also provide insoluble fibre, the body's natural 'whisk

> broom'. Apples' malic acid supports digestion, aids detoxification, and helps the body use energy

efficiently. The quercetin in apples is an effective bronchodilator, helping to reduce release of inflammatory histamine. Apples also slow elevation of blood sugar, making them useful for diabetics. Eating one before a meal can suppress appetite.

Jennifer Mathieson is a naturopath at Hopewood Health Retreat. www.hopewood.com.au



# Gluten-free bonus

Chalk up a new reason to go gluten-free, even if you don't suffer from symptoms of intolerance. A Diabetes study shows that mice on a gluten-free diet had a significantly

lower incidence of type 1 diabetes and insulitis, which is a precursor to diabetes, as well as a less inflammatory immune response.





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# No lights, no lycra

What it is: Want to dance like no one's watching? Now you can. Alice Glenn and Heidi Barrett, co-founders of No Lights No Lycra - described as a "casual free-form dance class in the dark for the pure joy of dancing" - felt dance had become more about how you looked, rather than how it felt, so they decided to change things. Who it's good for: The physical benefits are a full workout, without it feeling like a chore. Says Glenn: "The music is high energy, so you get carried by that - you can go as hard or as soft as you want to. When everyone in the room is on the same ride and you are in a non-judgemental, safe environment, you can move freely, for fun or for therapy." Sessions

Being part of a community of people who are all there for the same reason is a hugely powerful experience, and can be very therapeutic.

are self-paced, inclusive of all, regardless of age, gender or ability. "You work within your own capabilities," adds Glenn. "It also taps in to the natural emotional response that humans have to music. People say they've never had the confidence to get up and dance, ever - but after No Lights, they are the first on the dance floor, even in broad daylight! They don't care anymore and they love the way it feels."

To find a class: No Lights, No Lycra, www.nolightsnolycra.com

## Circus classes

What it is: There is a small part of many adults who, as children, dreamt of running away with the circus. And Pippin Aitken, the classes coordinator at Circus Oz, says now you can! Circus Oz offers classes in general circus skills, flying trapeze and manipulation-based activities, like juggling and tumbling. The flying trapeze class is most popular, says Aitken, "Everyone loves flying! It's an amazing workout, but also great for challenging yourself. It offers terrific physical benefits, plus it hones co-ordination, strength and flexibility." Who it's good for: Classes are extremely social. Teamwork evolves naturally, as some tricks involve controlled and safe risk-taking with positive reinforcement, which links back to trust: building trust is essential to the classes. "People are drawn to circus classes for fitness reasons, but also because it's a creative outlet, a fun way to work out. It has more appeal than pounding a treadmill at the gym!" explains Aitken. "Plus, for many people the childhood element of risk-taking and experimentation draws them in. As an adult, risks can be inhibiting - but if you can participate in the same sort of behaviour in a safe place where the risk is mitigated by experienced trainers, you

get the adrenalin rush, without the danger." To find a class: Circus Oz classes, www.circusoz. com; Lolly Jar Circus, www.lollyjarcircus.com. au; Circus Arts, www.circusarts.com.au

# Hooplovers hoopdance

What it is: This Melbourne-based community offers hoop dance classes, online video classes, teacher training, group fitness programs, interactive learning and entertainment for adults and children. By focusing on the core body, hooping strengthens abdominal muscles, plus, adds founder and director Deanne Love, "When you're dancing inside a hoop you get a full body workout, and with that come the benefits of toning and weight loss." Love found that her practice completely restructured her posture and strengthened her upper body. Who it's good for: Hula hooping taps into getting fit with joy in many ways. "Any movement creates a spark in body and mind, getting rid of tension and stress," says Love. 'But hooping also creates emotions of fun and achievement when you master a new move. The hoop itself is traditionally a children's toy, and that association with this

playful, childlike activity is enough to bring about joy. Often you can be hooping for two or more hours and not realise, because you're having so much fun! The combination of music, movement and playfulness means that you can actually work out for much longer without it feeling like it's hard work."

Love says hooping is also therapy. "The sometimes sensual movement brings up a lot of emotion: every day, my inbox is filled with emails from women sharing their healing from past traumas or abuse, and how hooping is helping them to regain strength and confidence. We can lose touch with our body - but the hoop creates that sensation of feeling, and your body has to respond and move, which releases emotions and feelings." To find a class: Hooplovers Hoopdance, www.hooplovers.com; Hoop Empire, www.hoopempire.com; Soul Hula, www.soulhula.com

# Olive Wax Cream - Skin Repair Balm



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# Beat limiting self-beliefs

Joy Aimee is a Human Behaviour and Mindset Specialist who uses the expressive arts to help patients reverse self-criticism – and lose weight.

elebrity or average Joe, we all have beliefs about ourselves, food and eating that must be identified, acknowledged, and healed before long-lasting change can happen to our body's shape and weight. For example, overweight people often think that if they could just be slim, people would love them and then they would be happy. Every time they weigh themselves, they reinforce this belief that they are not good enough as they are. And if they have lost some weight, the pressure is on to do even better next time: they are on a never-ending roller coaster of temporary elation followed by disappointment. The starting point of expressive arts therapy is that you are lovable right now and that you can create lasting change by accessing the unique healing power of your own creativity. Instead of constantly criticising yourself, you treat your body, mind and spirit with the love they deserve. Every change flows from this change of perspective.

Annette Battagliola is a single 50-year old woman with her own beauty business called Metamore4size. She sought my help because, since giving up smoking five years ago, she had put on 16 kilos. Not only was Annette concerned about the health issues associated with being overweight, she also felt that she had to set an example to her clients; plus, she wanted to look and feel her best on dates. Annette was amazed when I told her to throw away her scales. She was even more amazed when we began examining her beliefs about herself, love and food. Very quickly she understood some fundamental truths about herself: on the one hand, she appeared to be a strong woman who had found the courage to end her long-term dysfunctional relationship and assume responsibility for rearing her sons; she had also had the strength to end 20 years of smoking. However, underlying all this change was her fear that she wasn't enough, that she couldn't do it on her own, especially without cigarettes. And, when Annette felt anxious or fearful about being alone, she ate. Carbohydrates became her new prop, the instant comfort she craved. Using a special interview technique, we worked to uncover her food story, which included the following beliefs:

"I have to be slim to attract a man":
 Despite being beautiful and sexy,
 Annette believed she wouldn't attract a man until she was slim.

• "Plentiful food = abundance": Annette grew up in poverty; she and her siblings often went hungry. When she met her partner, they lived with his Italian parents and every meal was a five-course affair. Annette associated doing well in life with being able to provide lots of food - often carbohydrate-based - to her sons.

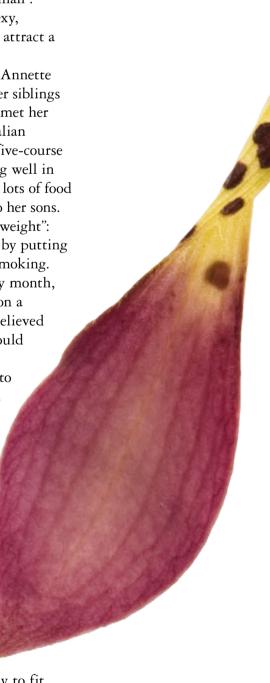
"If I stop smoking, I'll put on weight":
Annette proved this to herself by putting on 16 kilos after she stopped smoking.
"PMT = carb bingeing": Every month,

prior to her period, she went on a carbohydrate binge that she believed was hormonally-driven and could not be controlled.

• "When I'm socialising, I have to over-eat": Annette associated a night on the town with friends as an opportunity to drink alcohol and eat fatty, salty foods. She believed her friends would be upset if she did not join them in this behaviour.

Through expressive arts counselling Annette has recovered from carbohydrate addiction and now loves healthy foods like salads and vegetables, goes five times a week to Bikram

yoga, and has re-shaped her body to fit back into her favourite jeans!





A major breakthrough occurred when Annette drew one of her fat cells. She called it "Cushion" and identified "her" as being soft and protective. Annette spoke to Cushion every day in meditation and it was through this relationship with a

fundamental part of her own body that she made some startling revelations. Firstly, Cushion told her that following the break-up of Annette's first adolescent romantic experience, when she lost a dramatic amount of weight and people feared she might die, Cushion's job had been to ensure that never happened again. Annette's decision to give up smoking coincided with the break-up of her long-term relationship and Cushion, fearing that Annette would perish, actually caused her to over-eat.

Through daily conversations with Cushion, Annette saw that actually she was fine on her own. She learned to substitute steak, smoked salmon, fresh salads and vegetables for potatoes and pasta. When she cooked for the boys, she ate whatever meat they were having, plus a salad. When she went out with her friends, she enlisted their help by telling them she was going to limit her alcohol consumption and choose healthy eating options - to her surprise, several girlfriends decided to join her. The greatest test for was when she was

> pre-menstrual. To her delight, she discovered that a little taste of something sweet, like a small dish of yoghurt and nuts, was all she needed.

> > For Annette, the struggle around food is over. With Cushion's help she now views food as essential fuel, and a sensual experience, without it being a substitute for love.

The most fundamental belief of many people desperate to shed weight is that they are not lovable.

Human behaviour specialist and author of So What's Today's Brilliant Excuse – A Practical Guide to Overcoming Procrastination and Self-Doubt, Joy Aimee focuses on the healing benefits of expressive arts in therapy www.joyaimee.com.au



Meditation's multiple benefits, spellcasting for skills, money affirmations, and how flower essences can turn down the volume in your head.



# Words of wisdom: Louise L. Hay

Write down three ways in which you're critical of

your use of money. Maybe you're constantly in debt, you can't save money, or you can't enjoy your money. Think of one example in each of these instances where you haven't acted out undesirable behaviour. For example:

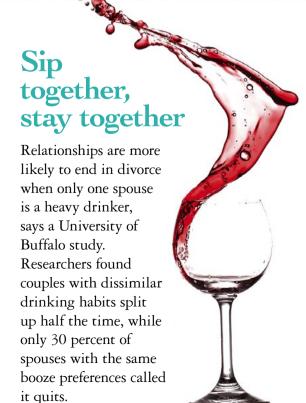
I criticise myself for: compulsively spending and being in constant debt. I can't seem to hold down my spending.

I praise myself for: paying the rent today. It's the first of the month and I am making my payment on time.

Place your hand over your heart, take a few deep breaths, and relax. See yourself acting out your worst scenario with money. Perhaps you borrowed money that you couldn't return, bought something you knew you couldn't afford, or declared bankruptcy. See yourself acting out the behaviour – love that person that you were. Know that you were doing the very best you could with the knowledge, understanding, and capability that you had.

Love that person. See yourself acting out behaviour that might embarrass you today, and love that person.

Metaphysical lecturer and teacher **Louise L. Hay** is the author of Experience Your Good Now! (www.hayhouse.com.au), from which this extract is reproduced with permission.



20

The number of minutes of yoga practice before an exam that resulted in a boost to students' speed and accuracy.



# The psych guru: Mood foods

One of the most important things you can do to protect your mental health is to eat wisely; these changes can sometimes be more effective than medication:

- Eat more omega-3 rich foods like salmon, tuna, sardines, flax and chia seeds. Research shows omega-3s can help stabilise moods safely and effectively.
- Remove or cut consumption of refined sugars, alcohol, caffeine and grains. These contribute to surging blood sugar levels and inflammation, both linked with poor mental health.
- Boost your intake of folate, monounsaturated fatty acids (found in olive oil and fish), fruits, vegetables, nuts and legumes.

Pettina Stangbon is the co-owner of rehabilitation and retreat program Noosa Confidential. www.noosaconfidential.com.au

# Spellcasting with Cassandra

A tapping spell to learn or do something that is difficult, but essential.

You will need: A drum (toy is fine), a pen or smooth stick, a flat surface. **Timing:** Any time on a Wednesday or whenever needed.

Begin tapping gently, slowly, and rhythmically. Once you establish a rhythm, increase the intensity of the tapping and begin chanting, 'I will succeed, fulfil this

> need, nought stands in the way, so do I say. I acquire this new skill, by force of sheer will.' Tap and chant the words about 100 times (you need not count

> > precisely). End with a final tap and say, 'Nothing stands in the way, so do I say. And so I succeed, for that is my need.' Repeat the tapping and chanting, even if you use a finger lightly on your desk. Say the word in your head whenever you need a boost, or before putting the new skill into practice or facing the difficult situation when you doubt your ability to cope.

Cassandra Eason is the author of A Spell a Day (Sterling Ethos, www.capricornlink.com.au), available from all good bookstores.





the Australian Bush Flower Essences. www.ausflowers.



# Genetic impact

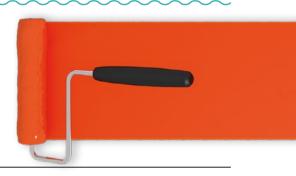
A Harvard study has found that people who meditate have more 'disease-fighting' genes that protect them against high blood pressure and arthritis. The researchers say this is due to 'the relaxation effect' - a phenomenon as powerful as any drug.



# Love you (both)

Matters of the heart can influence actual heart health, with a University of Utah study, showing that having a supportive partner reduces your risk of heart disease; having one whose support is inconsistent, however, is linked to higher levels of coronary artery calcification – which is a severe heart risk factor.

According to Liz Simpson, author of Chakra Healing, painting your bedroom orange and burning sandalwood oil will generate sexual energy.





#### Want more inspiration and insight?

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Tap me happy

When it comes to self-care, many of us are simply out of practice. Jessica Ortner shows you how to make it a daily habit.

Then I share self-care tips with students and clients, they're often hesitant and sceptical at first. "Pleasure is too easy, and self-care is too selfish," they may say. Until they do some tapping and try practising self-care, the benefits of pleasure don't compute. I understand that. Many of us, including me, have had the limiting belief that when something isn't hard, it isn't valuable. We have spent years mastering the art of feeling overwhelmed, convinced that we have no choice but to feel consumed by stress. So: how can we begin practising self-care and experiencing more pleasure? You'll find that these are simple ways. There is no struggle, and many of them are free as well. When it comes to pleasure, easy is often the best.

Differentiate

Personal development and self-care are not always the same thing. While our desire to develop spiritually, emotionally, and physically is positive, personal development can also be hard work. Self-care is giving ourselves a break from the many different kinds of hard work we do, including learning how to improve ourselves.

**9**Do nothing

Or at least, very little. We spend so much time and energy running around tending to our To Do lists that we forget to stop, even when we're exhausted and overwhelmed. Instead of trying to move faster and

If you take better care of yourself, you're going to care more about what you think and less about what other people think — and then you're going to be more powerful in the world. — Cheryl Richardson

# Asking for help

Let's do some tapping now to release the judgement so we can experience more balance and connection through giving and receiving help. Imagine yourself asking for help. Maybe it's something you need help with right now. When you imagine asking, do you feel any tension in your body? Any strong emotions? Any disempowering thoughts? Take note of them and measure their intensity on a scale of 0 to 10 Begin tapping as you focus on your answers. This tapping script may help you.

**Karate chop:** Even though I have this anxiety around asking for

help, I love and accept myself. (Repeat three times)

**Eyebrow:** I can't ask for help. **Side of eye:** It feels wrong.

**Under eye:** I have to do it all to prove I'm enough. **Under nose:** To be a strong, intelligent woman ...

**Chin:** I should be able to do it all myself. **Collarbone:** To ask for help is to admit failure.

**Under arm:** Is this really true?

**Top of head:** These stories I've been telling myself ... **Eyebrow:** These fears around asking for help are ...

**Side of eye:** What if they say no?

**Under eye:** What if I'm a burden on them?

**Under nose:** It's OK if they say no. Chin: The same way it's OK if I say no. Collarbone: I am calm and clear. **Under arm:** It's safe to receive help ... **Top of head:** The same way I give help.

Take a deep breath and check in with how you feel. Measure the intensity again and continue tapping until you experience relief.

do more, take time to experience nature and let your mind wander. Cuddle your pet, knit, colour in your children's colouring books, soak your feet in warm water, or stare at your favourite painting. Try anything that feels relaxing - for no reason at all.

**Rethink your space** 

Sometimes tiny changes, like a flower on your dining table or desk, can make all the difference in how you feel. I often light a beautiful candle while I'm working. When I make my green juice, I drink it from a wineglass because it feels more pleasurable that way. Just by focusing on how to bring more pleasure into your everyday life, you will find yourself making little but important changes that make you feel good.

Expand your joy bubble

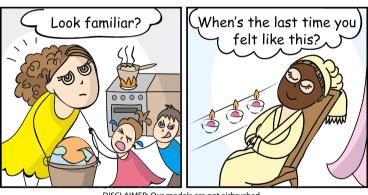
Whenever you have a minute, whether you're walking, waiting somewhere, or doing something else, consciously think of something that brings you joy or makes you laugh or feel grateful. Focus on it and let yourself feel that positive feeling in your body, letting the energy of happiness expand there. For me, it feels almost like a warm bubble in my heart centre, and if I

focus on things that make me feel good, this bubble expands. The more we're in that happy energy, the more amazing things tend to happen in our lives. After I began practising this, I found a quote by Paramahansa Yogananda that explained what I was intuitively doing to feel more joy: "When a little bubble of joy appears in your sea of consciousness, hold it and expand it. Meditate on it, and it will grow larger. Keep puffing at the bubble until it breaks its confining walls and becomes a sea of joy."

# Find magnificence in the

Throughout the day, look at what you're doing and ask, How can I make this more pleasurable? For me, cleaning the house is more pleasurable when I listen to an audio book. Allow yourself to feel moved by a song on the radio, or look closely at a blade of grass and marvel at its beauty and strength. Be enthusiastic about something anything! Notice how soothing it feels to hold a warm cup of tea in your hands. Stand outside, close your eyes, and lift your face to the sun and feel the warmth sink into your soul. Instead of just pushing your child on the swing – get on the swing yourself!

Jessica Ortner is stress reduction and weight loss coach, and the author of The Tapping Solution (Hay House, www.hayhouse.com.au). Visit Jessica at www.jessica-ortner.com



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"I have been getting so many compliments and am feeling so confident about my skin for the first time in my life. Jordan, Woonona NSW



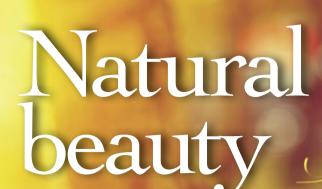
happy











Help yourself Natural beauty

Beauty editor Lisa Tristram talks to green beauty goddess Mukti, and picks her favourite natural body scrub.



lebe BODY

Look after the delicate eye area with specially formulated products:

- Phyt's Serum Defroissant is the one to choose if your eyes are puffy or have dark circles – the arnica and horse chestnut-based formula in the nifty little roll-on tube is effective and easy to apply. (\$98.00, www.phyts.com.au)
- Yes to Grapefruit's Dark Circle Correcting Eye **Cream** is rich in lycopene and vitamin A; coupled with anti-inflammatory licorice, it's a great combo for countering pigmentation and fine lines. (\$23.99, www.yestocarrots.com)
- **Sanctum Energising Eye Cream** is as good as its word: a light, aloe vera-based serum, it contains eyebright and witch hazel to reduce redness and refresh the eye area. (\$23.95, www.sanctumaustralia.com)



Expert ls your skin stressed?

When it comes to

your skin's health and radiance, choosing suitable skincare products, drinking water, and eating a wholesome diet are vital. But it's as equally important to pay attention to your mindset. As the body's largest organ, your skin is intimately connected to your brain and if you neglect to manage psychological stress, that will result in skin that is stressed, too. So in your quest for a healthier, more radiant

> incorporate daily stress management practices like journalling, yoga or meditation in your beauty regime.

complexion, be sure to

**Leigh-Ann Comarmond** is the creator of Mindful Beauty Therapy™

Beauty editor's pick: Get your morning caffeine fix in a new way with Hebe's Body Detox Scrub, an antioxidant-rich blend of coffee, invigorating peppermint oil, and nourishing, moisturising coconut oil. Try it: (\$16.00, www. hebebody.com.au)

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# Green queen



Mukti is the founder and creator of Mukti Organics skin and body care range.

What's the best thing about creating your range? I enjoy the research and development – substituting organic and natural alternative ingredients which are equally effective as the chemicals in conventional formulations.

Do you have a favourite product? It changes from season to season, but right now I'm in love with our new Hydrating Lotion – the texture, the fragrance and the consistency, and how it makes my skin feel totally renewed.

What's your best beauty advice? Your skin is only ever going to be as good as what you are putting in your body, so optimal diet and hydration are vital: the cleaner and more plant-based and alive your food is, the better your complexion will be. I aim for 80 percent raw food and lots of juices to detox my liver from free radicals and environmental pollutants. And cleansing is also very important – it always amazes me how many women neglect to cleanse twice daily, or just wash their face with soap.

# Star ingredient: Indian gooseberry

The beauty benefits of amla, or Indian gooseberry, are due to its high concentration of vitamin C. Stimulating and regenerative, it is great for dry skin or scalp, dandruff, and hair loss. Long used in traditional Ayurvedic medicine, it's thought to increase energy and vitality, and flush out toxins. Try: Om Veda Amla Shampoo (\$37.10, www.omveda.com.au)

# Choosing cruelty-free

The UK and Europe have banned animal testing, but Australia still imports cosmetics that use these inhumane practices. Sign the petition at Change.org (www.change.org/p/Australians-forcruelty-free-cosmetics), and always look for the Choose Cruelty Free bunny logo - it's your guarantee that brand does not use animal testing.

CRUELTY-FREE BRANDS	BRANDS STILL USING ANIMAL TESTING
Mukti Organics	Andrew Collinge
Eco Tan	Aveeno
Zuii Organic	Clinique
Sanctum	Redken
La Mav	Garnier
Zk'in Organics	Olay
Vanessa Megan	Neutrogena
Ere Perez	Pears
Niyama	

Learn more at www.choosecrueltyfree.org.au





# **D-I-Y:** Sweet lips

Makes nine small lip balms.

- 80g sweet almond oil
- 30g unrefined beeswax
- 30g shea butter
- 15g sweet almond oil
- small pinch of alkanet root (optional)
- ½ teaspoon vitamin E oil
- 20 drops strawberry flavour oil

Melt all the ingredients, except the strawberry flavour oil, in a double saucepan. When melted, strain the alkanet with a sieve and add the strawberry flavour oil. Pour into pots and leave to set for 24 hours. Apply to your lips using your fingertips.

Elaine Stavert is the author of Beauty Oils & Butters (GMC Books/Capricorn Link, www. capricornlink.com.au) from which this recipe is reproduced with permission.

Manuka honey is an alternative for dealing with a large, angry pimple. Apply a dab

night and morning to draw it up to a head.





Want more natural beauty tips, ideas, and offers?

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Taoist philosophy, is incredibly calming, energising, and balancing," says qi gong instructor Fiona Patterson. "It involves rhythmic breathing, synchronised with slow and flowing movements and focused intention. With practice, we learn to recognise tension and anxiety in the body, and where qi is stagnant or blocked, and how to unblock it. This enhances the health of our respiratory system."

Green your office Mitey Fresh spokesperson Carol Parr says, "Indoor plants play a very important role in filtering and improving indoor air quality in your home and office. Research from Sydney's University of Technology has found strong evidence showing office plants also reduce office workers' stress and negative mood states."

Open your chest "Place one hand on your sternum - that is, in the middle of your chest, directly below your two collar bones," suggests Pilates instructor Josephine Holecek. "This is a great point of reference to instantly change your posture: by lifting your sternum up towards the ceiling as you inhale, and maintaining that lift as you exhale, your ribs will lift away from your hips, your chest will open up, your shoulders

# Hyssop essential oil is warming, calming, and immune-boosting, with an affinity for the lungs.

will roll outwards, and your gaze will shift forwards. By becoming aware of your posture and how to change it as soon as you feel your ribs drop towards your hips - you will find it easier to breathe."

Seek serenity "Your breathing changes to match your mood," explains Wes Smith, director of Canberra's Live Well Spa and Wellness Centre. "When you meditate, rather than try to change or control your breath, simply allow yourself to be curious. Notice how you are breathing; is your breath shallow or deep, smooth or ragged? This simple act of enquiry will allow your mind to pause, if only momentarily, on what is happening in the present moment and - without having to try too hard- you've begun to meditate."

Try the turbine "The Turbine is an innovative respiratory product," says Dr Mitchell

Anderson, of Shinbone Medical and Rhinomed's Sports. "By comfortably expanding the nostrils, it increases air intake through the nose by an average of 38 percent. It actually reminds you to breathe in a more controlled way. Breathing through the nose, rather than the mouth, filters and humidifies air, so it is optimised for the lungs."

**Q** Get steamy

"A steam vaporiser can relieve breathing difficulties at night," says naturopath Kate Dalgleish. "Adding essential oils further enhances the benefits chamomile is antispasmodic and relaxing to the bronchi; thyme is antimicrobial and useful for reducing the impact of infections on lung capacity and breathing; rosemary is also antimicrobial and relieves congestion."

Pop a pill "My tried-and-true hayfever relief formula is horseradish and garlic tablets, plus



vitamin C and zinc," adds Dalgleish. "Horseradish and garlic are antimicrobial, treating or preventing secondary sinus infections, while vitamin C and zinc are potent immune boosters. Foods that help relieve hayfever include pineapple, which contains the enzyme bromelain to break down mucus; sulphur-containing vegetables like broccoli, Brussels sprouts, mustard greens, asparagus, onions, garlic, and leeks, which support liver detoxification and reduce mucus build up; and vitamin C-rich foods like citrus fruits, berries, kiwi fruit, capsicum, and papaya."

# Drop your shoulders

"Shallow breathing that makes you raise your shoulders does not promote the desired

movement of the rib cage and thoracic spine, and creates tension in the neck, shoulders and middle and upper back," says Pilates teacher Marcia Teperman Shapira. "Deep abdominal breathing expands the ribs and promotes slight extension of the thoracic spine during inhalation, allowing the neck muscles to relax."

# Vim and your vagus

"There is a relationship between shallow breathing or breath-holding and the vagus nerve," says nutritionist Cyndi O'Meara. "The vagus is a major cranial nerve, and its main job is to mediate the sympathetic 'fight or flight' and parasympathetic 'rest and digest' feelings. Different breathing patterns favour either parasympathetic or sympathetic nervous system response. Diaphragmatic breathing and yogic breathing techniques help our bodies go from 'fight or flight' to 'rest and digest'. Notice how you breathe as you read emails or work on your smartphone, and channel diaphragmatic breathing to encourage 'rest and digest'."

# **2** Eat lungfriendly

Accredited practising dietitian Kate Gudorf suggests: "Plenty of fresh fruits and vegetables, wholegrain breads, cereals, rice and pasta, lean protein sources like chicken and fish, and low-fat dairy products. Using healthy fats, like olive oil, snacking on a handful of nuts or spreading avocado on toast, is also recommended. A healthy weight can help you to better manage lung conditions, like asthma; however, people with COPD, cystic fibrosis, or other lung conditions should increase kilojoules, as maintaining weight can be

# Take baby breaths

difficult in these conditions."

"When we were born, we lived blissful little lives that were reflected in the rise and fall of our round baby bellies," says naturopath Amie Skilton. "Fast forward to being grown-up, and most of us are running on adrenalin to some degree - whether it's from stress, caffeine or both, a number of physiological changes result, including shallow breathing. Shallow breathing impacts oxygenation and therefore energy, focus, and concentration. The next time you find yourself breathing with your

# Meet our experts



**Emma** Howard.



Amanda Foy, The Emotional Strength Trainer.



**Fiona** Patterson. yoga, tai chi <u>and</u> gigong instructor.



Carol Parr,



Josephine Holecek. Pilates instructor



Wes Smith, director of the Live



**Dr Mitchell** Anderson. Shinbone Medical and Rhinomed's



Kate Dalgleish, Marcia



Teperman Shapira, Pilates teacher



Cyndi O'Meara nutritionist. w

upper chest only, try abdominal breathing. You can do this lying down or sitting at your desk. Place your hands over your belly button and breathe slowly and deeply, feeling your belly rise and fall. This boosts oxygenation and sends a message to the body to calm down, which slows heart rate and breathing, and cuts circulating levels of stress hormones."

# 14 Get your P plates

"Pilates instructors can help you to understand your body's mechanics and natural bone movement during breathing, and so facilitate a deep diaphragmatic release of tension that may be affecting breathing," says Teperman Shapira. "We must make sure the right muscles are working to stabilise the spine under load during exercises. Try the following imagery techniques: imagine your diaphragm lowering towards your waist as you inhale and rising up like a jelly fish swimming as you exhale. Feel the rise and fall of your breast bone as you breathe in and out. Feel the extension of your spine as you breathe in and the return of your thoracic curve as you breathe out. Visualise the space between the ribs expanding as you inhale, and returning to its regular space as you exhale."

Slow the pace "By slowing the breath's pace, depth and speed, we can override an automatic stress response," says Sharon Kolkka of Gwinganna Health Retreat. "In times of pressure, stress or pain, practising mindful breathing can restore equilibrium. If you wake up during the night, bring your awareness to your breath and focus on deep belly breathing. This helps relax the body and, with the mind engaged on the breath, you can go back to sleep."

# Try Buteyko

"Developed by Russian doctor Professor Konstantin Buteyko in the 1950s, this method involves breathing exercises and relaxation techniques," says Dr Sarah Brewer. "Buteyko suggested that overbreathing leads to respiratory problems because it causes you to lose large amounts of carbon dioxide, the waste acidic gas produced by cells. A study of 600 asthmatics found that, after six months, the Butevko method relieved symptoms by 98 percent and reduced the use of reliever medication by 98 percent, and preventer medication by 92 percent. Here's a simple Buteyko exercise: inhale normally, then let out a little bit of air so your lungs are not full. Pinch your nose closed and hold your breath, with your mouth closed, for five seconds after you first experience the desire to inhale (don't be tempted to hold your breath for as long as you can). When you start breathing again, inhale and exhale as little as possible."

# 7Count your breaths

"Do you overbreathe?" asks Brewer. "You may feel you breathe normally when, in fact, you are inhaling three or four times the volume of air you actually need. This is known as 'hidden hyperventilation'. Ask a friend to count your breathing rate when you're unaware they are doing it. The average breathing rate is 10 to 12 breaths per minute, but people who overbreathe take 15 to 20 breaths per minute."

**Q** Skip omega-6s "Omega-6 and omega-3 fats both have important functions in the body," adds Dr Brewer. "For example, GLA, an omega-6 fatty acid in evening primrose oil, is

important for hormone balance, skin health and protecting against depression, but an excess is not advisable. You can reduce excess omega-6s by eating less vegetable oil (except olive, flax seed, walnut, almond, macadamia, avocado, hempseed and rapeseed oils, which contain omega-3s and/or monounsaturated fat), meat, margarine, and fast food, processed or manufactured foods."

What to avoid "Try to avoid chlorinated pools, as chlorine can obstruct airways," says author of 500 of the Most Important Health Tips You'll Ever need, Hazel Courtney. "Find out which foods you're intolerant to: the most common are wheat, nuts, chocolate, and tomatoes. Lower your intake of meat and avoid sodium benzoate, frequently found in soft drinks and MSG."

# aromatherapy

"Steam inhalation can ease colds and flu, break up and expel mucus, fight bacteria and viruses, and stimulate immunity," says aromatherapist Eileen Mallard. "Useful oils are lemon, eucalyptus, cypress, lavender, pine, peppermint, tea tree and niaouli. Pour boiling water into a stainless steel bowl, add one to four drops of your chosen oil, tent your head with a towel, and with eyes closed, inhale deeply for 2 to 3 minutes. Inhale through the nose for colds and headaches, and through the mouth for chest conditions. If you suffer from asthma, seek professional advice."

# Be ACE

"The body needs the essential antioxidant vitamins A, C and E to support lung function, and fight free radical damage and inflammation," says accredited practising dietitian Georgie Rist. "Think citrus fruits, leafy greens, broccoli, mangoes, and add Brazil nuts and chia seeds for omega-3 support. Lungs are a vital part of our innate detoxification system. Smoking, pollution and allergies increase our requirements of antioxidants, especially vitamin C. Ninetyfour percent of Australians don't meet their fruit and vegetable requirements, increasing the risk of nutrient deficiencies that may lead to poor lung function. Let's get the basics right: go for two fruit and five veg!"



Kate Gudorf. accredited practising dietitian.



Amie Skilton,



Sharon Kolkka, Dr Sarah wellness director Health Retreat



Brewer. author of Overcoming and Schuster)



Hazel Courtney, author, 500 of the



aroma therapist. www.good4you



Eileen Mallard, Georgie Rist, accredited practising dietitiar

Amy Taylor-Kabbaz caught up with life and health coach Melissa Ambrosini about conquering her inner Mean Girl.

elissa Ambrosini used to live a very different life. As a former model, actress and Moulin . Rouge dancer, life was about physical beauty and outward success both of which she had in spades. Travelling the globe, rubbing shoulders with the 'right' people, she had it all. Or so it seemed.

Then, five years ago, Ambrosini found herself so rundown her face was covered in the cold sore virus and her immune system was shot. "I was highly stressed and anxious, drugs and alcohol were my go-to quick fixes, I had panic attacks all the time, I lived off champers and canapés, and I would get on average four hours sleep a night," she says. "Eventually, I

And that's when it all started to change. From her hospital bed, Ambrosini started to read spiritual and metaphysical texts and became fascinated. From there she studied life coaching, yoga, meditation, and AcuEnergetics. She started her own coaching business, wrote every day on her website, and started connecting with women around the world - and slowly rebuilt herself. In just five short years, she has grown a global business which mentors thousands of women, runs a successful online program, has created her own meditations, travels the world speaking and sharing her message, and now has a book coming out later this year.

All because, after coaching hundreds of women, she realised it all came down to one simple action: to silence that mean voice in your head, and choose love over fear.



hit rock bottom and was hospitalised."

should be silencing that voice altogether, and then when it pops up again, they put themselves down for having those thoughts.

But in fact, that is just your ego putting your ego down! It's a vicious cycle: when you beat yourself up for having these thoughts, you are actually just feeding the ego even more. The goal instead is to use it to inspire you to get back on your path of love. That's what I'm encouraging women to do with my books, programs, meditations, talks, live

events, and posts - it's about befriending

So the goal is not to silence the ego altogether? That's right. So many people feel like they

Mean Girl' - what is that?

Your inner Mean Girl is your inner critic, your

ego - and it's what is sabotaging so many of

our lives. Everyone has an ego, even the Dalai

Lama. And what the ego is designed to do is

to keep us in fear. The ego is the thing that

voice that tells you are not good enough, you

are not beautiful enough, you are not clever

inspire people to become besties with their

silencing the ego or getting rid of the ego, as

enough, all of those things. My job is to

inner Mean Girl, because it's not about

it is a part of us. It's about using it as a

compass to guide us to what is really

important and back to our truth.

compass instead. Usually the ego pops up

when something is really important to us

and really matters to us. So we can use it as a

compares you to other people, and it is the

When you realise you're whole exactly as you are - that you possess the entire universe within yourself - you no longer have external 'needs'.







your ego and using it as a compass to follow your heart. If some of your chakras aren't doing their job properly, some areas of your life work and others don't, and if most of your chakras are struggling, your life is not flowing, happy and fulfilled. You are in the struggle cycle.

#### What has been your biggest lesson on your journey?

That we can choose to do everything out of love. From the work we do, the people we have around us, the food we eat, the thoughts we think - everything can be done from a place of love or fear.

Many years ago, my measure of happiness was determined by 'outside' things, like how much I earned, the work I was doing, the size of my butt, the latest designer handbag, the cute boyfriend. I truly believed that I needed those things in order to feel good about myself. Of course, when you've spent a whole lifetime focusing on external things, it's confronting to let them go. But when you realise you're whole exactly as you are - that you possess the entire universe within yourself - you actually get to a place where you no longer have external 'needs'; instead they're simply desires or preferences.

Reframing my thoughts in this way has made such a difference in my life. These days, I'm always on the look-out for little opportunities to tweak my thinking and practise releasing, opening and allowing. And when I really embodied that, it changed my life. This is why I created my online program 'Get Your Glow On'. Basically, when I started coaching clients, I had all of these women who would come to me and want to fix everything outside of themselves – they would want to lose weight, find a partner, and have an amazing career. And as I worked with each of them over the years, it became really clear that they had to work on their internal stuff before they could achieve anything else. They had to start glowing from the inside out, not from the outside in.

# My whole mission is to inspire people to live from that place of love, and not fear.

#### What about the role of meditation in your life and your work?

It is the single most important and transformational tool that I have ever come across for myself. What meditation does is that it allows you to drop into that infinite space of love deep within you. It helps you sort through all of the Mean Girl chatter and connect with your heart. And it has not only helped me heal from a lot of things, but has allowed me to live the life of my dreams. I am committed to it because I absolutely love it! And because it works! It allows you to tap into that space of love so quickly.

#### What about the role of social media? Especially for young women?

If you're content and happy within yourself, social media can actually help to inspire you to live your best life. But if you're in a sensitive state, it can be very detrimental. And that's what I worry about. If you are the latter, I would suggest removing yourself from it until you cultivate so much self-love that those things no longer affect you.

Comparison is egoic; it comes from your Mean Girl. It is not your truth! This is so important to recognise – I see this all the time - otherwise you get caught in this downward spiral of negative thoughts. Comparison is the thief of joy. But when you can instead start seeing comparison as a flag to stop and ask yourself what's really going on, then you'll really start to connect with your true self. Whenever I find myself comparing, I stop and also say to myself: 'What's going on here? What am I lacking within myself here?' It's another opportunity for you to stop and ask yourself: 'What can I learn and how can I grow right now?' rather than get caught in that downward spiral.

#### What are your non-negotiables now? What is your self-care practice like?

I really do struggle telling people what I do in my daily life and what I eat, because I find it is another thing that women use to measure themselves against. So, even though I'm inundated with requests about my

morning routine, my breakfast, my self-care routine, I don't want women to tune into that. I want women to tune into what feels right for them. To use their intuition and follow that. Yes, it's nice to be inspired by others, but the most powerful thing for us all is to discover what is uniquely right for you.

However, that being said, there are a few tools that I try to do every single day, and they are meditation and yoga, eating an organic diet, and taking time for myself every single day, whether that means reading a book, having a cup of tea in the sun, or soaking in the bath. The thing is, I really don't even have to think about these activities anymore - they are now so deeply ingrained that they are now as much a routine part of my life as brushing my teeth. Living a life of self-love is so integral to my life now, I just don't have to think about it.

#### Where to from here for you?

I have my book coming out this year, and another amazing program coming out too, loads of live events and so much more. But my main mission is to connect people with their heart, and to help them live the life of their dreams. And I want to help inspire and help people do that around the globe.

#### Is there a shift now in the world towards a kinder approach to ourselves?

Absolutely. More and more people are waking up, and it's so beautiful to watch. People who I grew up with are now coming to me and talking to me about their inner health and wellbeing - and I love that! And thank goodness, because we really need it! The world needs our love, the way we have been doing it is not working.

You can go to yoga class and drink the green juices and do all of that outside stuff, but unless you do the internal work, none of that is going to matter. You've got to do the inner work, that's where it all starts. I know, because I tried to do the outside work first, and it didn't work. It wasn't until I sat with myself, I looked at myself in the mirror, and I went inward that my life dramatically changed. And now, I live a life wilder than my dreams.

# Paleo powerfoods

The Paleo diet's popularity is well-deserved. Try these delicious recipes from Heather Connell to get the best out of your ancestral lifestyle.



ased on the foods that our hunter-gatherer ancestors ate, the Paleo diet has been linked to numerous health benefits, including reduced incidence of diabetes, autoimmune illnesses, cancer, and neurodegenerative diseases. Although prevailing traditional wisdom touts plant foods as the ultimate in nutrition - and animal foods as being detrimental to health - Paleo says many foods at the top of conventional superfoods lists, such as soy, high-glycaemic fruits, and legumes, can contain anti-nutrients and allergens and aren't used efficiently by the body.

# Brain booster

Researchers at Wheeling Jesuit University found that smelling cinnamon can improve alertness, memory, and response speed on a test to measure cognitive function. And early evidence suggests that cinnamon could help with Alzheimer's and Parkinson's diseases as well.

# Cinnamon 'porridge'

Makes 2 servings

- 4 dates, pitted and mashed
- ½ cup plus 2 tablespoons (150ml) coconut milk, divided
- 120ml water
- 1 egg
- 1 teaspoon vanilla extract
- ½ cup coconut flour
- 1 teaspoon ground cinnamon
- 1 small apple, shredded
- 1/4 cup unsweetened shredded coconut
- toasted pecans
- 1. In the bowl of a food processor, place dates, 120ml of the coconut milk, water, egg, and vanilla and process until smooth. Add flour and cinnamon to the bowl and pulse to combine with wet ingredients. Remove blade from food processor and stir in apple and coconut.
- 2. Pour apple mixture into a saucepan and cook over medium heat for 3 to 4 minutes, stirring constantly (don't overcook, or it will become too dry). Add remaining coconut milk and stir to incorporate.
- 3. Divide between 2 bowls and top with pecans, and a dash or two of cinnamon.



Makes 5 to 6 servings.

- 455g skinless, boneless, pasture-raised chicken breasts
- 3 carrots, peeled and cubed
- 1 large sweet potato, peeled and cubed
- 3 cloves garlic, minced
- <sup>1</sup>/<sub>3</sub> cup tomato paste
- 3 tablespoons balsamic vinegar
- 2 teaspoons gluten-free
- 3 bay leaves
- broken into pieces

- sea salt and freshly ground black pepper
- 2. On top of the chicken add onion, carrots, sweet potato, garlic, stock, paste, vinegar, mustard and bay leaves. Stir to mix everything together. Turn the slow cooker on high heat for 3 to 4 hours, or until carrots and sweet potato are tender.
- Remove bay leaves and serve.



# Apples, for heart health

An apple a day keeps the cardiologist away. The fibre, potassium, and antioxidants in apples help protect your heart and blood vessels in many ways. One large apple has a stellar 5.4 grams of fibre, or 22 percent of what women need daily and 14 percent of what men should get. That fibre can lower your cholesterol – especially LDL ('bad') cholesterol – and reduce high blood pressure. Research also shows that diets high in fibre can regulate your blood sugar, help you to stay at a healthy weight, and calm inflammation.

# Roasted autumn veggies

- 455g Brussels sprouts
- 1 small sweet potato, peeled and cubed
- 1 Fuji apple, cubed
- 1 pear, cubed
- ¼ butternut pumpkin, seeded and cubed
- ½ teaspoon sea salt
- ½ teaspoon ground cinnamon
- 2½ tablespoons coconut oil, melted
- 1/3 cup toasted pecans, chopped
- 1. Preheat oven to 220°C and line a baking sheet with foil or parchment paper.
- Wash Brussels sprouts and cut ends off, then cut into halves or quarters depending on how big they are. (The goal is to try to have all the fruit and veggies in this dish about the same size so they cook evenly.)
- 3. Combine Brussels sprouts, sweet potato, apple, pear, pumpkin, sea salt and cinnamon in a large bowl and toss together. Drizzle the melted coconut oi over the mixture and toss to coat. Pour onto prepared baking sheet and spread into a single layer.
- 4. Roast for 20 to 30 minutes, or until soft and tender. Right after removing from the oven, sprinkle the pecans over the top and stir to combine. Serve immediately.

Certified holistic nutritionist Heather Connell and health writer Julia Maranan are the authors of Powerful Paleo Superfoods (Fair Winds Press, www.capricornlink.com.au), available at all good bookstores.

# Apple Brussels sprout slaw

Makes 4 or 5 servings

- 1 tablespoons bacon grease (from the bacon in this recipe) or coconut oil
- 455g Brussels sprouts, trimmed and shredded
- 1 apple, finely sliced
- ¼ teaspoons sea salt
- ¼ teaspoon freshly ground black pepper
- 2 or 3 slices nitrate-free pastured bacon, cooked and broken into pieces

In a large frypan over medium heat, add grease or oil and allow to melt.

Add Brussels sprouts, apple, salt, and pepper, and stir to combine. Continue to stir and cook until the sprouts are wilted down and start to turn golden, about 3 to 4 minutes.

Remove from heat and stir in bacon. Serve immediately.



# Natural· Dain relief

We live in a fortunate age where we have easy access to pain-relieving pills; however, they do have side effects. Naturopath Tania Flack explores safer alternatives.

opping a tablet for a headache or period pain is so commonplace we don't really think about it; after all, pain medication is safe, right? Common pain medication may be safe when taken as directed; however, they can have harmful effects on the body. For example, paracetamol directly depletes the action of glutathione in the liver and can cause liver damage when taken in high doses. Anti-inflammatory medications like ibuprofen can cause significant disruption to the delicate lining of the digestive tract, while stronger over-the-counter pain medications containing codeine are also often misused, some people may even develop a physical dependence, due to its opiate-like effects.

Pain comes in many guises: the continuous ache of arthritis, the low-grade throb of a dull headache, or the cramping pain that some women experience with their period.

Obviously the best way to address pain is to try to address its cause, but this can take time or may just not be possible, as in the case of chronic degenerative conditions. Natural medicines can provide relief for acute pain and can be used to help manage chronic pain.

# Sprains and strains

Whether it's a twisted ankle, a sporting injury or you've knocked your shin on the car bumper bar, sprains, strains and bruises

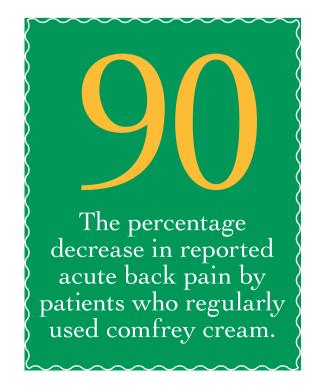
are common injuries that fall into the category of acute pain. First aid for these types of injuries should always start with rest, ice, compression, and elevation. These all minimise inflammation and pain and allow the body to begin the repair process. Ice numbs the pain, however, so never apply ice directly from the freezer to the skin always wrap it in a damp cloth to prevent ice burn. Once this has been done use these options to reduce pain and speed healing. Arnica: This herbal remedy has been used through the ages to treat swelling, bruising, and inflammation. Research shows that it selectively inhibits inflammatory mediators. It can be taken orally as a homeopathic or used in a topical cream applied directly to the bruise. Clinical trials show that using the homeopathic and topical preparations together significantly reduces pain. **Vitamin C and bioflavonoids:** Vitamin C and

**Vitamin C and bioflavonoids:** Vitamin C and bioflavonoids, such as quercetin and bromelain, are nutrients found in citrus fruit and pineapple. They have significant anti-inflammatory properties and, when taken together, help to mop up inflammation, reduce pain, and promote healing in soft tissue.

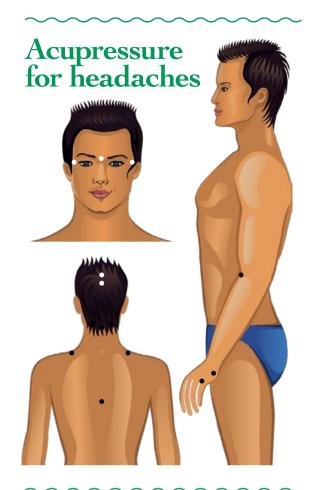
## Backache

This is a common problem and can be due to postural imbalance, muscle strain or an underlying structural problem. If backache is a regular occurrence, it must be assessed by a practitioner specialising in spinal health.

**Spinal care:** Although it's hard to group three distinctly different modalities together, it is safe to say that osteopathy, physiotherapy, and chiropractic care are all excellent therapies for backache. Gently manipulating the spine and mobilising soft tissues can be the fastest way to get relief. This type of care also provides the benefit of thorough assessment, which can prevent further pain and injury.







Massage: The healing touch of a remedial massage therapist can provide significant pain relief, particularly in the case of muscle tension. Massage relieves pain by increasing blood flow, reducing congestion in soft tissue, and releasing muscle tension. Yoga and Pilates: While yoga and Pilates may not be the ideal therapy for acute back pain, there is no question that, under the supervision of a qualified instructor, both forms of movement can relieve chronic back pain and help to prevent recurrence.

Comfrey: Once known as 'boneset', comfrey has been traditionally used to ease pain and

promote healing. It contains a compound that simultaneously stimulates tissue repair and decreases inflammation. Several clinical trials have investigated its effects: in one study, it was reported to be as effective as Voltaren (Diclofenac) gel for

pain relief.

# Headaches and migraines

Whether it's the dull throb of a tension

headache or the blinding pain of a migraine, headaches are a common reason why people reach for pain medication. Sufferers of regular headaches and migraines often have a high intake of painkillers, which over time may have a negative effect on their health. There are several effective natural remedies that can help to relieve and prevent headaches. **Magnesium:** Sometimes described as 'the miracle mineral', this has significant benefits for headache sufferers. Changes in blood vessel diameter in the brain cause the throbbing associated with migraine and headache; magnesium helps to control this while relaxing the muscles around the head and neck. Magnesium deficiency contributes to headaches and migraines, and studies show that migraine sufferers have low brain levels of magnesium during an attack. Chronic migraine sufferers who take regular

Acupressure: This ancient technique uses gentle pressure applied to specific points, which stimulate the release of the body's natural pain relieving neurochemicals, endorphins (see box on top left of this page "Acupressure points for headaches"). Studies show that regular acupressure provided better relief for headaches than regular muscle relaxant medication. Bonus: you can do it yourself at the onset of a headache to control symptoms.

magnesium supplements can reduce the

frequency of attacks by 41 percent.

Lavender: Who doesn't love the scent of fresh lavender? Lavender essential oil has a soothing effect on the nervous system and is ideal for treating tension headaches. Studies confirm its analgesic and anti-inflammatory properties. A cloth dipped into cool water with a few drops of essential oil can be applied to the forehead to help relieve headaches.

Meditation: Meditation, mindfulness and relaxation techniques can be used by anyone to help control pain and are especially useful for treating and preventing headaches and migraine. Meditation alters our perception of pain and can significantly decrease stress hormones and inflammatory mediators that contribute to pain. Plus, once you learn it, you can meditate anywhere, so you'll have a pain-relieving technique to employ at the first sign of a headache.

#### **Toothache**

Local anaesthetic is without a doubt a blessing when it comes to undergoing invasive dental procedures. However, that nagging pain that you may experience while waiting for your next dental appointment can be significantly relieved with some simple natural medicine strategies.

**Ginger tea:** This is one of the most effective pain-relieving and anti-inflammatory herbs we have, due to its effects on prostaglandin release. Gently swirl the warm tea around the mouth and across the affected area, and pain will slowly start to ease. Keep sipping the tea until pain is manageable. This is also an excellent treatment for the pain of a sore throat or sinus infection.

Clove oil: This old-fashioned remedy was once all that we had to relieve toothache and it still stands the test of time. Cloves contain eugenol, which has proven analgesic and antiseptic properties. A few drops of clove oil applied to the affected area can relieve pain. If you don't have the oil handy, you could make clove tea. Lightly crush whole cloves and add hot water, allow it to steep for seven minutes, and then swirl gently around your mouth.

# Nerve pain

Nerve pain can be excruciating, and it doesn't necessarily respond well to standard pain medication. Nerve pain usually follows a defined path across the body, be it the shooting pain down the legs caused by sciatica or the constant irritating pain around the side of the body or face caused by an attack of shingles.

St John's wort: Probably best known for its antidepressant effects; however its effects on the nervous system are more far-reaching. Specialised compounds, namely hypericin and hyperforin, provide relief from nerve pain due to anti-inflammatory and direct analgesic effect on the nervous system,

# Tania's pain-relieving tea

Take one large thumb-sized knob of fresh ginger. Grate it finely, place it in a pot and pour over 500ml of boiling filtered water. Steep for seven minutes. Sip tea until the pain starts to subside.

# Ease the ache

Arthritis affects 3.85 million Australians and is one of the leading causes of disability and chronic pain. Pain, inflammation, and joint degeneration caused by arthritis can lead to loss of mobility and a significant decrease in quality of life, so managing pain and inflammation is crucial. Natural medicine can be used alongside standard pain relief medication under professional supervision if needed. Fish oils: Omega-3 essential fatty acids are renowned for their anti-inflammatory effects. Fish oils contain two main constituents, docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA). EPA is the major antiinflammatory constituent and directly down-regulates inflammation. Fish oils have been shown in clinical trials to reduce pain, increase mobility and decrease the duration of morning stiffness associated with arthritis. While it is important to eat fresh fish, arthritis sufferers also need to supplement; Arthritis Australia recommends 2.7 grams of fish oil (containing both EPA and DHA) to manage the pain and inflammation of arthritis.

Turmeric: Considered a sacred spice throughout Asia, turmeric is used widely for culinary, medicinal and religious purposes, and with good reason! The major therapeutic constituents, curcuminoids, have remarkable health benefits including potent anti-inflammatory and antioxidant effects. Animal studies confirm turmeric is more effective than some non-steroidal anti-inflammatory drugs and has direct anti-arthritic effects. Professionally prescribed, high dose

turmeric supplements can be useful in managing arthritic pain. Adding turmeric to the daily diet will also down-regulate

Anti-inflammatory herbs: There are a wealth of powerful anti-inflammatory and pain-relieving herbal medicines containing compounds that down-regulate inflammatory pathways in the body, so relieving pain and reducing joint damage. They include boswellia, cat's claw, willow bark and devil's claw. Herbal medicines should be professionally prescribed for the individual. Tai chi: Moving is often the last thing arthritis sufferers feel like doing; pain, stiffness and joint restriction can cause them to avoid exercise. However, controlled movement can make a big impact on the level of pain experienced. Tai chi is a gentle form of exercise based on martial arts principles that involves flowing movements which stimulate the movement of gi, or life force, around the body. This promotes relaxation, stimulates blood flow, releases endorphins and helps maintain strength and flexibility.

Regular tai chi has been shown to help manage chronic

Paracetamol, the most widely used over-the-counter pain medication in Australia, is responsible for more overdoserelated hospital admissions than any other drug.

acting on opioid pathways. St John's wort may interfere with some medications, so it should be professionally prescribed.

**Acupuncture:** One of the oldest treatments known to man, acupuncture is suitable for many types of pain, including nerve pain. Like acupressure, acupuncture stimulates the flow of qi, or life force, rebalancing the body and changing our perception of pain. It stimulates endorphin release and is so effective people have even used it to undergo minor medical procedures.

# Period pain

This can be a common occurrence for some women, especially in teenage girls, perimenopausal women and any woman suffering from endometriosis. **Homeopathy:** There are several excellent remedies: Caulophyllum is useful for spasmodic, labour-like pains; Cimicifuga is prescribed for sharp pain; Belladonna can be used for congested heavy pain, which starts before the period; and Pulsatilla and Sepia can help to regulate the cycle. A qualified practitioner will prescribe the most effective remedy.

arthritis pain.

Tania Flack is a leading naturopath and nutritionist with a special interest in hormonal and reproductive health and immune system support. www.taniaflack.com



# The tree of

Tropical oils like coconut are one of the best-kept secrets when it comes to boosting immunity and preventing sickness, says Megan Roosevelt.



umerous research studies show that eating a diet rich in plant-based superfoods, such as coconut, can assist in killing parasites, harmful bacteria, and even viruses like the flu, herpes, measles, and hepatitis C. Coconut oil is approximately 92 percent saturated fat, with more than two-thirds of that fat coming from medium-chain triglycerides. Lauric acid is the primary component of those MCTs and is the specific nutrient that provides the body with immunity-boosting benefits. Lauric acid is converted to monolaurin in the body, a mighty monoglyceride that can destroy viruses (such as HIV, herpes, cytomegalovirus, and influenza) and pathogenic bacteria (such as Helicobacter pylori, a major cause of peptic ulcers).

Lauric acid is a unique nutrient in the plant world. It is so uncommon that one of the only other places it is found is in human breast milk. Breast milk is immensely nourishing, providing strong antibacterial and anti-infectious benefits to prepare a growing baby to take on the elements of the world. What if we had this superhero nutrient thriving in us on a daily basis, helping to fight off bacteria, germs, and viruses? The beauty is that we can have it! The resource? Coconut! Coconut is our best source of lauric acid. It is even increasingly being used in hospitals and for patient care to treat AIDs and candidiasis. The US National Cancer Institute conducted a survey of 50 countries, including Thailand, a country whose cuisine is rich in coconut, and Thailand had the lowest rate of cancer of the countries surveyed.

In his book The Coconut Oil Miracle, naturopath Bruce Fife states, "Laboratory tests show that the MCFAs (medium-chain fatty acids) in coconut oil are effective in destroying viruses that cause influenza, measles, herpes, mononucleosis hepatitis C, and AIDs; bacteria that can cause stomach ulcers, throat infections, pneumonia, sinusitis, urinary tract infections, meningitis, gonorrhoea, and toxic shock syndrome; fungi and yeast that lead to ringworm, candidiasis, and thrush; and parasites that can cause intestinal infections, such as giardiasis."

# Beating colds and flu

Did you know that, according to the US National Center for Complementary and Alternative Medicine, there are more than 200 different types of viruses that cause colds? Now wonder it is so difficult to cure! Similarly, there are many different viruses that can cause flu. So once the sickness has taken hold of your body, the best thing you can do is try to speed up your recovery and lessen your symptoms. Ideally, we would be preventive with how we take care of ourselves, so that we don't get sick in the first place. One of the best ways to prevent getting a cold or flu is by eating foods that support the immune system. Foods rich in antioxidants like vitamin C include coconut, broccoli, red capsicums, and sweet potatoes. Many spices also boost the immune system,

such as ginger, cinnamon, and turmeric. Echinacea helps boost white blood cell count within the body. White blood cells help fight viruses, infections, and other bad guys trying to bring you down.

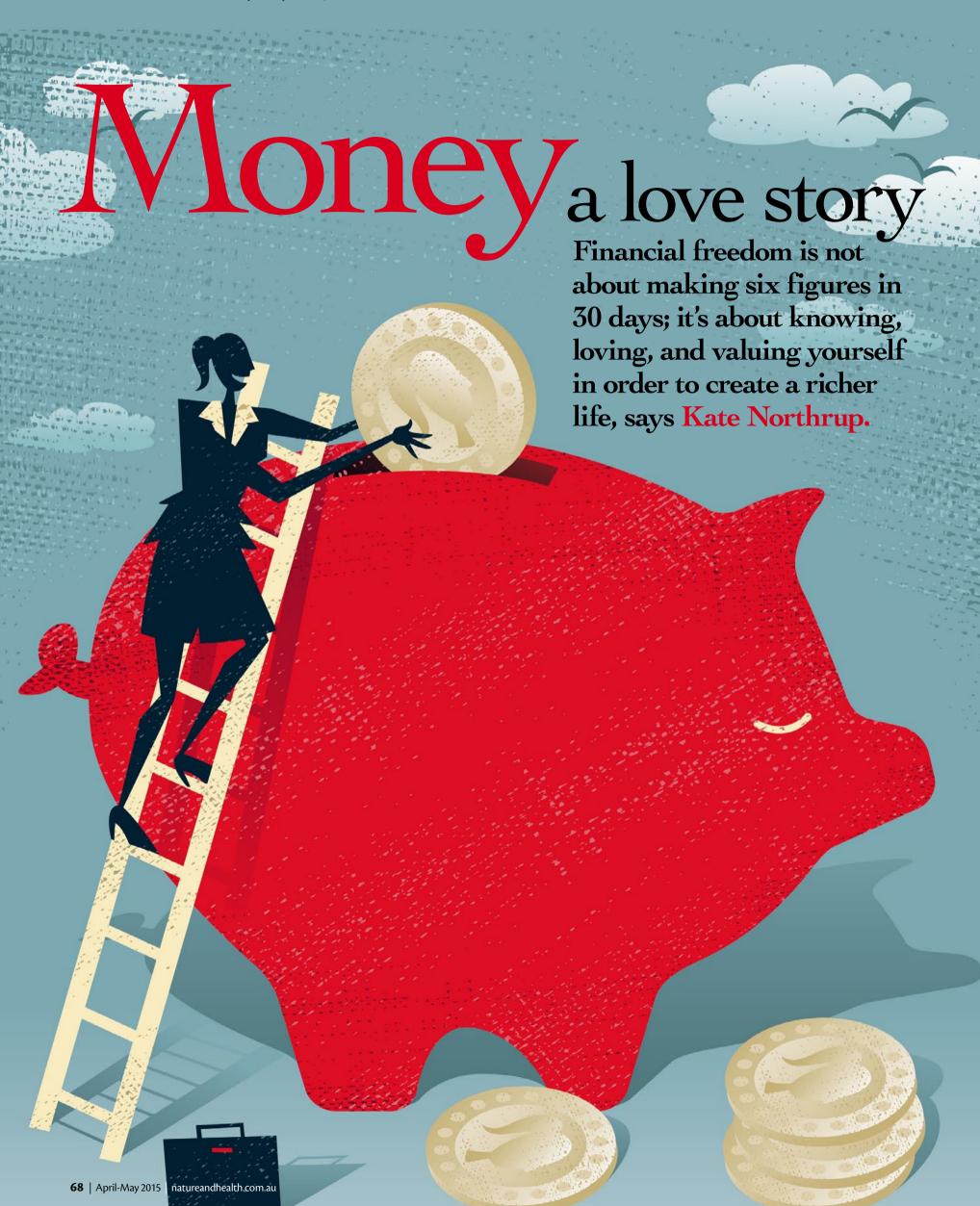
Coconut is very versatile, which makes it easier to implement into your diet right away. Coconut also contains the antioxidant vitamin s E and C and, unique to the coconut, lauric acid. One of the easiest ways to help keep from getting sick is to eat or use melted coconut oil daily. A general consumption recommendation is to eat or use 3 to 4 tablespoons per day. This will provide your body with coconut's immunity-boosting superhero lauric acid. Daily coconut consumption will help your body build up your immunity so that you will have a higher tolerance to toxins, viruses, and bacteria. If you are already suffering from the symptoms of a cold, begin using coconut every day to help alleviate symptoms and speed recovery. You can drink coconut water, coconut milk, add coconut butter to your toast, and even rub the oil on your body as a hydrating moisturiser!

# 10 immunity-boosting benefits

- 1. Coconut can kill bacteria that cause ulcers, throat infections, urinary tract infections, gum
- Coconut can have a positive effect on viruses that cause influenza, herpes, measles, hepatitis C, SARS, AIDs, and other illnesses.
- Coconut can kill fungi and yeasts that cause candidiasis, ringworm, athlete's foot, thrush, nappy rash,
- tapeworms, lice, giardia, and other parasites.

- 5. Coconut can reduce problems
- 6. Coconut can reduce inflammation and support immune function.
- Coconut can help to protect the body from free radicals that promote ageing and disease.
- 8. Coconut does not deplete the body's antioxidant reserves like other oils do.
- 10. Coconut can reduce symptoms and dermatitis.





here is one belief that I run into so often in my workshops: the mind-set that having or wanting money somehow makes you a less honourable or less spiritual person. In addition to our belief that money and greed are inseparable, we have a cultural legacy of feeling guilty for our own good fortune when comparing it to the sufferings of others. But the thing it, it is not a foregone conclusion that by your having wealth or being healthy or happy you are taking it away from someone else's access to wealth, health or happiness. In fact, you can make a much greater and more sustainable contribution to others' health, happiness, and prosperity when you have enough of these things in your own life to have surplus to give. When we sacrifice our own wellbeing in the hopes that our sacrifice will help someone else, we just get two people who are living sub-optimal lives.

# Woo-woo meets cha-ching

Here's the truth: getting sick does not help those who are suffering from illness. Being sad does nothing to pull someone out of their own depression. Becoming needy doesn't help the poverty-stricken. And being hungry doesn't feed the starving. The universe simply doesn't work that way. What I mean by this is we have a martyr archetype in our collective consciousness around being of service and helping others. It comes out in expressions like, "There are starving children in Africa," said to a child when they're not finishing the food on their plate. Yes, it's good to teach children to value the food that's available to them. However, the gratitude we try to instil often goes so awry that many of us think we have to diminish our own wellbeing in order to help others.

The truth is that you're no good to anyone unless your proverbial cup is full. You can't give someone else something you don't have. So, to be of ultimate service on the planet, fill yourself up first and then be totally generous with the overflow. True generosity can only come from a place of plenty, not from a place of sacrifice. When you're giving out something that you don't really have the freedom to give, like money you don't have, emotional energy when

you're fresh out, or even time when you're feeling pressed, you're not doing anyone any favours. The person on the end will feel the constriction of that gift and whether they can articulate it or not, it won't feel right to them.

And no matter how much they try to receive and be grateful, a gift given out of obligation, sacrifice, or lack that can't be given completely freely from a place of abundance can also not be completely received.

# Money is what you make it

Now, are we dealing with a situation on the planet where we could do with some redistribution of money? Absolutely. But you not charging what you're worth does not feed a child in Africa. What would is if you

Our relationship with money profoundly affects our health, particularly the health of the second chakra – our organs of reproduction, and the lower back.

charged what you're worth, got your finances squared away, created financial freedom for yourself, and then had the time and money to go to Africa and put in place a program that teaches women to be self-sustaining, organic farmers to feed their families from their own land, like the Heifer Project does. Or, if that doesn't appeal, once you have enough surplus in your own financial picture that you can sustainably give to others, you can contribute money to organisations like the Heifer Project, and perhaps find ways to get active in other ways closer to home, as well (personally I believe that both giving money and taking action toward helping others are important, both for us and for the receivers.) Like oxygen, there's more than enough for everyone and your best bet for helping someone else out is to help yourself first. Money is like fertiliser. It makes whatever it touches grow.

# Money and memes

Free-write on the prompts below. When you write something that you suspect might have something deeper underneath it, ask yourself, "What do I mean by [whatever it is you've written]?" Dive underneath your words to see what might be below. Follow the thread. You never know what you may unearth. It's all gold. Address the ones you're most drawn to and the ones you want to avoid the most first.

- When I think about rich people ...
- People with money are ...
- To me, money is ...
- Growing up, I was taught that people who have money are ...
- When it comes to making a lot of money, I ...
- When I think about what it would be like to make more money ...
- In my religious upbringing, money was seen as ...
- I've always associated money with ...
   Now, go back and re-read what you've
   written. Circle any words or phrases
   that you feel an emotional charge
   around, positive or negative. Now,
   answer these questions:
- What, if anything, surprised you about how you answered the prompts?
- What, if anything, did you find when you asked yourself to dive deeper?
- What, if anything, did you learn about your money programming through this

Kate Northrup is a creative entrepreneur, business mentor, speaker, and the author of Money: A Love Story (Hay House, www.hayhouse.com. au), from which this extract is reproduced with kind permission. www. katenorthrup.com

In Western numerology, your Destiny Number reveals your mission in life. Michelle Buchanan shows you yours.

# 

our Destiny Number tells you what you'll be most successful doing. Some numerologists also believe that your Destiny Number is the accumulation of your past-life achievements. Most numerologists believe that your original birth-certificate name – whether you like it or not, and whether you currently use it or not – reveals the prechosen destiny you were born to fulfil. Even if you only had the original birth-certificate name for a short period and have since gone by another name as a result of marriage, adoption, or legal name change, they believe the energy from your original birthcertificate name will remain with you for life.

You're destined to be an independent individual. Your life mission is to walk the path less travelled and assist those in need of leadership and guidance. You may run your own business, work autonomously, or be a manager of others. Either way, you're destined to have the courage to think for yourself. You are fully empowered when you focus on your strengths, not your fears. You're a creative, innovative self-starter.

You're destined to be a cooperative peacemaker. Your life's mission is to support and heal others, and find peaceful resolution to conflict. You may be a support person behind the scenes in your personal life or career. You might even be a

mediator, healer, or counsellor who enjoys helping people, animals, or the environment. As a 2 Destiny, you likely have creative, artistic, intuitive, teaching, or musical abilities.

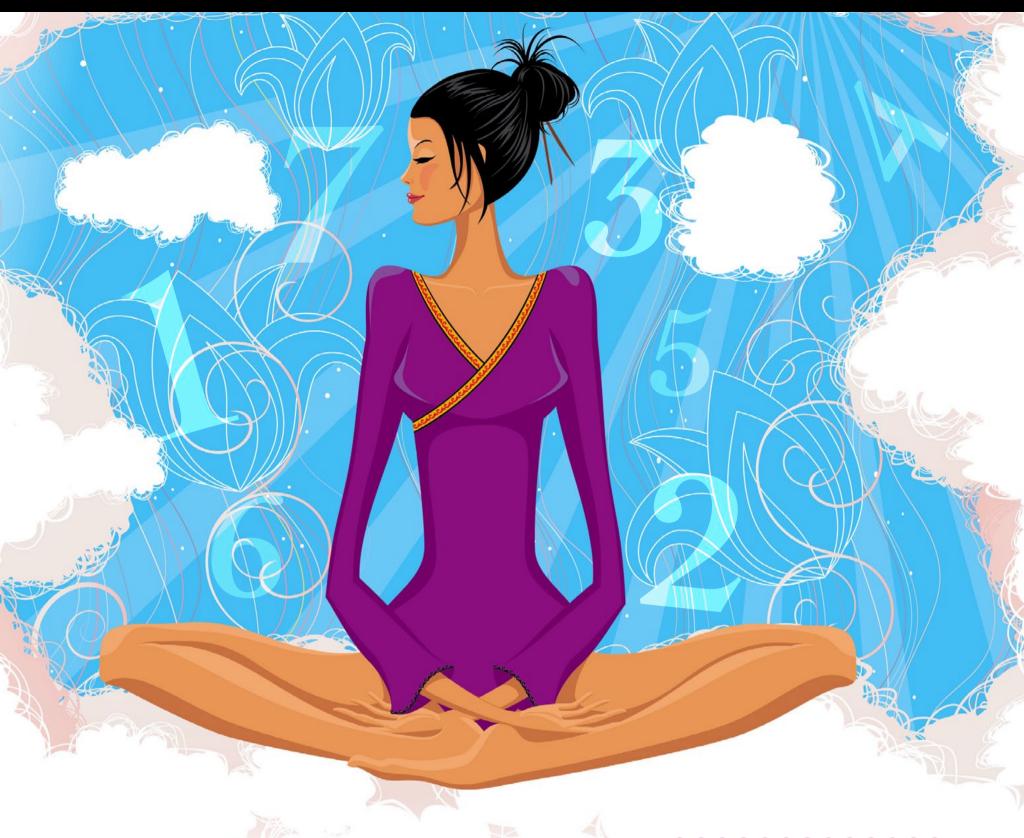
Civil rights activist
Martin Luther King
is a classic example
of a Number 1 Destiny
Number, living his
life purpose as an
independent individual
and leader.

You're destined to be a self-expressive creative who uses your artistic and communicative abilities to bring joy into the world. Your life's mission is to encourage, uplift, and inspire others with your imagination, sense of humour, artistic talents, and/or your flair with the spoken or written word. As a 3 Destiny, you must learn to focus, prioritise, and take action in order to achieve your goals; otherwise you may risk becoming a jack-of-all-trades and master of none. You have a gift for counselling and motivating others.

You're destined to be a dedicated worker who brings stability, organisation, and order to the world. Your life's mission is to manage and organise others — whether it be in your personal life or career. You're a natural facilitator who knows what needs to be done to get results. You're also a gifted delegator who can bring out the best in others. Security and stability are vital to your wellbeing; however, you must guard against becoming a workaholic. You must put time aside for relaxation and fun in order to remain centred and balanced.

You're destined to be a freedom-loving adventurer who lives life to the fullest. Your life's mission is to experience as much as you can in this life and teach others what you've learned. You may promote a product, service, or philosophy that has helped you in life. As a 5 Destiny, you're a gifted communicator, messenger, and promoter who loves to 'spread the word'. If you're passionate about something, you were born to communicate your findings. You're a gifted salesperson, networker, and teacher.

You're destined to be a responsible caregiver who serves, supports, and nurtures others with love. Your life's mission is to be of service to those in need, without neglecting your own self-care. You may be the pillar of your family, community, workplace, or circle of friends, and you may work in a creative or service-based career.



You make a good counsellor and advisor, and people open up to you and trust you with their personal information. You have an enormous capacity to heal.

You're destined to be a contemplative truth seeker who discovers the secrets and mysteries of the Universe and finds your spiritual truth. Your life's mission is to reveal answers to the big questions: Who am I? Where am I going? and What is the meaning of life? You may be drawn to psychology and other fields related to the workings of the mind, or you may be a talented researcher, programmer, or analyst. You're a gifted seeker and teacher.

You're destined to be a business-minded leader who lives by your highest ideals and leads, manages, or assists others who lack your capability and strength. Your life's mission is to adopt an attitude of abundance while balancing the material and spiritual worlds. You must also overcome your tendency to measure your own and others' success through physical appearance, material accumulation, wealth, status, or power. You're a gifted organiser and achiever.

You're destined to be a compassionate humanitarian who contributes to making the world a better place. When you forgive yourself and others, and broaden your understanding of human nature, you have much potential for success. As a 9 Destiny, you'll be exposed to many different people, cultures, and walks of life. This will enable you to open your heart and mind as you become more familiar with the diverse world in which you live. You were born with the ability to achieve a high degree of compassion, understanding and tolerance.

Michelle Buchanan is a speaker, teacher, and writer who has studied numerology for more than 20 years. She is also the author of The Numerology Guidebook (Hay House, www.hayhouse.com.au). Visit Michelle at www.michellebuchanan.co.nz

# Calculate your Destiny Number

Step 1: Using the Western Pythagorean letters-and-numbers chart shown here, write your full, original birth-certificate name and match the corresponding numbers to each letter. Doublecheck the spelling: you'd be surprised how many people have unknowingly spelled their birthcertificate name incorrectly all their lives. Let's use the name Mary Ann Smith as an example:

MARY	ANN	SMITH
4+1+9+7	1+5+5	1+4+9+2+8

**Step 2:** Add each name separately to create individual totals

MARY	ANN	SMITH
4+1+9+7=21	1+5+5=11	1+4+9+2+8=24

**Step 3:** Add double-digit totals together to create single-number totals.

# Missed an issue of health?

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Anti ageing SPECIAL

Ageless ageing—

naturative



Anti-ageing skin saviours, menopause manifesto, cures for CRAFT disease (that stands for Can't Remember A Friggin' Thing!), the acupuncture face-lift, natural remedies for hearing loss, stay-young tips from top holistic health experts, the S factor diet, and more!



Anti ageing SPECIAL

Hormone rollercoaster



Mood swings, hot flushes and night sweats? Remember that menopause is not a disease, it won't last forever, and natural therapies can be very helpful. Naturopath Tania Flack reports.



# The time of UCC





enopause is a natural part of life, marking the end of our fertile years. But in our youth-focused culture, it can be treated like a dirty little secret and is rarely discussed openly. Often, women will never have considered how their own personal journey through this time of transition will play out, until they get their first signs of change. In an ideal world, there would be a period of gentle transition starting in your 40s where your body adjusts slowly to the gradual decrease in hormones, so that by the time your periods eventually stop, the process is all but completed.

You are officially considered menopausal once you haven't had a period for more than 12 months. It's a common misconception that the symptoms we associate with menopause in the West, such as hot flushes, insomnia and irritability, only occur once the menstrual cycle stops. It is actually the transition to menopause, or perimenopause, that is usually the most challenging time and some women will start to experience symptoms while they still get regular periods. Perimenopause and menopause are all part of the same continuum.

#### Signs and symptoms

Various factors dictate the start of perimenopause. Women with a history of smoking are far more likely to experience earlier hormonal changes, due to accelerated ovarian ageing. Having a healthy diet and lifestyle during your 20s and 30s helps to preserve ovarian function and protect against early perimenopause. Other issues, such as how old you were when you got your first period, ethnicity and body mass index, also influence the age of perimenopause onset. Speaking with your mother about her experiences may help, as genetic factors definitely play a role.

If you are in your 40s and starting to experience symptoms, it may be worthwhile having your hormones tested. A simple blood test will clarify matters: elevation of follicle-stimulating hormone and a decrease in oestrogen are markers that you're starting perimenopause. The female reproductive hormones are delicately balanced during our fertile years. As ovarian function starts to

#### Anti ageing **SPECIAL**

Hormone rollercoaster

#### The great soy debate

Soy has been the topic of great debate with regards to its benefits for hormone health. The soybean was once thought to be the reason Asian women experienced fewer menopausal symptoms, as it is high in phytoestrogens and consumed widely throughout Asian cultures. However, the answer is not that simple; there are fundamental differences between traditional Eastern and Western diets that go far beyond the inclusion of soy.

While the humble soybean does contain high levels of phytoestrogens it needs to be eaten as part of a diet rich in a wide variety of plant foods and other phytoestrogens - such as flax seeds, sesame and sunflower seeds, chickpeas, mung bean and alfalfa sprouts, chestnuts, garlic, olive oil, almonds, and green beans - in order to provide any benefit. The way it is prepared is also important. The most commonly consumed soy products in the West, such as soymilk, are highly processed foods that contain a myriad of additives and preservatives, and as such are not the best choice. Many processed soy products are also produced using genetically modified soybeans, which should be avoided.

Fermented soy products and whole soybeans are a better choice.

There are also questions about the potential negative effect of legumes, including soybeans, on thyroid health. Genistein, a phytoestrogenic component of soy, has been shown to decrease an enzyme required for the synthesis of thyroid hormone. However studies show that this is only likely to cause a problem in women with low iodine levels. If you are consuming high levels of legumes, you may wish to increase iodine-rich foods, such as fish and seafood. Legumes also contain protease inhibitors, lectins and phytic acid that may block absorption of other nutrients. These compounds are significantly reduced by correct preparation and cooking.

The bottom line is that legumes in general provide valuable nutrients, fibre and phytoestrogens for women during and beyond perimenopausal years; however, they should be consumed as part of a balanced wholefoods diet to get the best results.

wane the master hormone, oestrogen, starts to decrease, along with other sex hormones. These hormones play a much more complex role in our health than just reproduction and this is evidenced by the broad range of symptoms experienced during perimenopause and menopause.

Hot flushes, depression, insomnia, irritability, anxiety, low libido, vaginal dryness, low energy, weight gain, back, neck and muscle pain are the most common symptoms of perimenopause. They can vary widely in severity; some women experience only mild symptoms, while others' symptoms are so severe they significantly impact their life. The intensity of these changes can cause women to reach for a quick solution. Often younger perimenopausal women are put on the oral contraceptive pill and older women may be offered hormone replacement therapy. These medications can stop symptoms, but there are a range of risk factors that need to be considered, including the fact that

long-term hormone supplementation increases the risk of certain oestrogendependent conditions in susceptible women. Another factor to consider is what happens when you eventually come off hormone supplementation. The sudden withdrawal of hormones can put you right back where you started. Thankfully, natural medicine offers some very effective solutions.

#### Meal plans

There is a big disparity between the experiences of menopause in women from Western cultures and that of their Asian sisters. Hot flushes are reported by only 10 percent of Chinese women, while approximately 75 percent of Western women get them. The reason for this contrast lies in the diet.

Typical Western diets are much higher in animal protein and fat, which is associated with higher oestrogen levels. Westerners also consume far less fibre, which is needed to support healthy hormone metabolism. Traditional Asian diets are rich in plant foods that provide beneficial phytoestrogens, such as isoflavones, flavones, coumestans, and lignans. These compounds bind to oestrogen receptors on the cell and exert weak oestrogenic activity. A diet high in plant phytoestrogens reduces the symptoms of menopause and softens the effects of decreased oestrogen. It is thought that Western women have generally higher oestrogen levels due to dietary factors and therefore experience a far greater drop in oestrogen levels at perimenopause, causing more severe symptoms; while Asian women with a higher intake of phytoestrogens and fibre in the diet have a more gentle transition.

It is essential to have ample vegetables in the diet. A good rule of thumb is to include two to three handfuls at each meal, which also boosts overall vitamin, mineral and antioxidant intake. Cruciferous vegetables - broccoli, cabbage, Brussels sprouts, kale, cauliflower, bok choi and other leafy greens - are particularly beneficial as they support healthy liver function and effective hormone metabolism. An increase in vegetables will also add beneficial fibre. A fibre-rich diet will ensure healthy bowel function and improve oestrogen metabolism and hormone health by encouraging effective elimination.

Other great fibre foods include legumes - lentils, chickpeas and kidney beans - that have the added benefit of providing phytoestrogens, which reduce symptoms of menopause.

### Exert yourself

Exercise is not only nature's best antidepressant and energy booster, it also helps you maintain muscle mass, which in turn drives metabolism and keeps weight in check. We start to lose bone mineral density during menopause, so regular weight-bearing exercise, a diet rich in calcium and vitamin D, and healthy exposure to sunlight are essential at this time to keep bones strong.

Interestingly, regular exercise actually improves oestrogen metabolism. Even though we are not making as much oestrogen as we used to, healthy hormone metabolism helps to lessen symptoms. Regular exercise has been shown to improve oestrogen metabolism, which partly explains why it reduces symptoms of menopause. Menopausal women who participated in a supervised regular exercise program over 12 months experienced significantly fewer symptoms than their non-exercising counterparts and reported an increase in their quality of life. So the message is: Move! It doesn't matter what type of exercise you do as long as it's regular weight-bearing exercise. Thirty minutes, five times a week will get the best results.

#### Heal with herbs

Herbal medicine has long been used to support every stage of women's hormonal health and is particularly effective in treating menopausal symptoms. Black cohosh, wild yam and red clover are traditionally used to support women during menopause, because they are rich in phytoestrogens, which decrease hot flushes and minimise other symptoms; they also regulate hormone production.

Dong quai can be a lifesaver for perimenopausal women who are experiencing erratic periods and hormonal fluctuations. It has a balancing effect on hormones and gently regulates periods. St John's wort is an effective antidepressant herb which can be used to elevate mood and stabilise erratic emotions. It has a soothing effect on the nervous system and can also promote deeper sleep. Other herbs, such as skullcap, oats and

lemon balm, nourish the nervous system and soothe anxiety. To tame night sweats, take 5 to 15 drops of sage tincture three times a day in half a cup of water. This herb has astringent qualities that can help ease abnormal sweating in a day or so.

Withania, rehmannia and licorice are adaptogenic herbs that have a beneficial effect on the adrenal glands and modulate the stress response. They are extremely useful if irritability and exhaustion are present. Zizyphus and sage are particularly beneficial for hot flushes, acting specifically to reduce sweating. However, as every woman's experience of perimenopause and menopause



The Hegu acupressure point – located on the back of the hands in the depression between thumb and forefinger – may help reduce hot flushes and sweating.



is different, there is no 'one size fits all' approach to treatment. Herbal medicine needs to be prescribed individually after consultation with a qualified practitioner to get the best results.

#### Chill out

Stress management is vital during this phase of your life. Hormonal changes can cause a rollercoaster of emotions - irritability, anxiety and depression — which are worsened by broken sleep, due to night sweats. Exercise is one of the best ways to manage stress; meditation, massage, yoga or tai chi are also very beneficial. Remember, in many traditional cultures women who have reached this stage of life are held in a position of respect in their community, as it signifies experience

and wisdom. In the West, however, it is seen as a sign of ageing and this can be quite challenging for women. Counselling can be of great benefit to help women adjust, especially if perimenopause has started at a younger age.

Tania Flack is a leading naturopath and nutritionist with a special interest in hormonal and reproductive health and immune system support. www.taniaflack.com

#### Top up your levels

While having a healthy balanced diet should be your first choice to provide a good range of nutrients, supplementation can also benefit women during perimenopause.

- **B group vitamins:** Support the nervous system during stress; B6 is particularly important to assist with hormone balance.
- Magnesium: Nourishes the nervous system, relaxes the body, and promotes restful sleep. It works synergistically with vitamin B6 to support healthy nervous system function and mood and also assists with hormone balance.
- S-adenosyl methionine (SAMe): Supports serotonin production and helps to stabilise mood.
- Flax seeds: Provide a valuable source of phytoestrogens. Clinical studies show that 40g of crushed flaxseeds daily provides significant relief from menopausal symptoms.
- Calcium, phosphorus, vitamin D:
   Perimenopause is the perfect time to start thinking about supporting your bone health with these important nutrients.



## Anti-ageing SPECIAL

Skin saviours

#### Cto

No one wants to look older than they feel! Super-heroes aren't just for the movies – check out these natural anti-ageing skin saviours.



# Yould boosters



#### Saffron

We continue on our trek to discover the world's best anti-agers, this time to India, home to earthy spices like saffron and turmeric. Saffron is particularly high in antioxidants which help to prevent the destructive effects of free radicals on skin health and appearance, plus it's high in trace minerals that boost skin firmness and strength. Long used in traditional Ayurvedic medicine to relieve gastric upsets and menstrual cramps, in skincare it is indicated for a dull, tired-looking complexion.

Try: Ayurda Skin Rejuvenator (\$69.95, www.ayurda.com)

Nature's Alternat to Injectabl **all skin typ** 25ml ( Line Smoothing
Serum
with Clinically Tested
Wrinkle Minimising
Active



### Jojoba

We refer to jojoba as an 'oil', but in fact it is a waxy plant ester. This is an important point of difference, because it explains why jojoba melds so well with our own skin: unlike an oil, it is closer in texture and performance to the skin's own natural sebum, and so hydrates easily and is quickly metabolised by the skin. This also means that jojoba is less likely to trigger any reactivity, so if you have sensitive skin, this is definitely your go-to ingredient. Pure jojoba is an excellent multi-tasker – use it as a serum, moisturiser, after-sun treatment, and an make-up remover.

Try: The Jojoba Company 100% Natural jojoba Oil (\$29.95, www.

thejojobacompany.com.au)

Jthe oo boo company

100% natural australian jojoba

#### Paracress

The paracress plant from Madagascar has been proven in clinical trials to create results similar to conventional 'injectables' that are used to smooth out lines and wrinkles caused by repetitive facial expression.

Researchers at the Institut Gattefosse in France discovered that it delivers instantly visible results by reducing micro-contractions of the tiny muscles that cause the lines. Best of all, it is safe and non-toxic. Used in combination with other organic skin-regenerative plant extracts, this is the perfect solution for turning that frown around!

Try: Z'kin Certified Organic Line

**Try:** Z'kin Certified Organic Line Smoothing Serum (\$59.95, www. zkinorganics.com.au)

#### Raspberry seed oil

skin. Vitamin E also helps to keep skin soft and supple. Try: The Beauty Chef Dream Repair Serum (\$69.95, www.thebeautychef.com)



#### Madara (Lady's bedstraw)

The herb madara, or lady's bedstraw, is high in vitamin C, which is vital for maintaining and regenerating collagen, the skin's 'cement' that ensures tone and resilience, and prevents the formation of fine lines and sagging. Dermatologists at Latvia University have discovered that madara actually increases collagen in the skin by as much as 20 percent, making it an important plant for slowing signs of ageing. Try: Madara Time Miracle Advanced Anti Ageing Night Cream (\$53.99, www. beautifulbecause.com.au)



#### Papaya

Nothing reveals fresh, new, young-looking skin as quickly as a good skin polish, especially if it's based on natural ingredients like papaya and pineapple which naturally break down keratinised (old) skin cells on the skin's surface via an enzymatic reaction. This is very important for sensitive ageing skin, because a more vigorous exfoliating scrub can abrade skin and cause irritation if the skin is fragile or thin. The papain in papaya can help to 'digest' the dead skin cells and gently slough them away without damaging the tender new ones. Try: Adorn Facial Polish with AHA and BHA (\$69.00, www.adorncosmetics.com.au)



The ancient Egyptians used frankincense oil as incense, a preservative in the embalming process, a cosmetic ingredient, and offering to the gods.



#### Frankincense

When it comes to reversing the signs of ageing, it properties that not only speed healing and reduce

inflammation, but which actually prompt the creation of new, dewy skin cells, so improving

Try: Neal's Yard Frankincense Intense (\$110.00, www.nealsyardremedies.com.au)



Lisa Tristram is a natural skincare expert, aromatherapist, organic educator and mind-body wellness teacher. www.sproutsolutions.com.au

#### Anti ageing **SPECIAL**

Prevent dementia



\* That stands for Can't Remember A Friggin' Thing. Naturopath Mim Beim offers easy-tofollow preventive measures.





re your thoughts as sharp as tacks? Ideas flow as swift and strong as the Mississippi? Do you breeze through your working day clear-headed and efficient? You do? How nice. Unfortunately, there are many for whom a clear and focused mind is a rare pleasure. Poor memory and concentration are common, even for people in their 30s and 40s. There is only so much one little mind can deal with, which can mean less important facts, like your daughter's boyfriend's name, can escape you. Try these tips:

#### Boost brain power

- Symptoms resulting from a less than continuous supply of blood glucose to the brain may include poor concentration and memory, fatigue, irritability, hunger or nausea and dizziness. Keep your levels constant by eating a small meal every 2-3 hours that contains a little protein. Breakfast is particularly important, something along the lines of an omelette, baked beans or fetta and avocado on toast. Studies show school children who missed breakfast had poor concentration and lowered academic performance.
- A dehydrated brain is a sluggish brain. Drink at least 2 litres of fluid a day, including lots of fresh water.
- Avoid sugar. Even though you'll feel a buzz for a short while, the resulting crash can affect your mental processes.
- A cup of coffee can increase your capacity for intellectual work, decrease drowsiness and promote faster, clearer thoughts. However, keep it to just 2 to 3 cups a day.
- Tea contains a little caffeine as well as theanine, a calming compound that improves mind function. Theanine is found in all tea: green, black, oolong, and white.
- The omega-3 fatty acid DHA (docosahexaenoic acid) helps cognition, memory and concentration. It is found in fish (which is why fish used to be called "brain food"), and can be converted in the body from all omega-3 fatty acids as found in chia seeds, flaxseeds, and walnuts.
- If your concentration falters after eating certain foods, try to nail down if you might have a food sensitivity by avoiding that food for a month. Possibilities include wheat, dairy, chocolate, eggs, and soy. Also look at preservatives and colourings.

#### Herbal helpers

- Ginkgo biloba can help with poor concentration and memory, absentmindedness, and mental fatigue, plus it has a reputation for treating cerebral insufficiency. (Don't we all feel cerebrally insufficient at some time or another?)
- In 1597, herbalist John Gerard wrote that "sage is singularly good for the head and the brain and quickeneth the nerves and memory". More recently, in the 21st century, sage has been found to facilitate the action of the important neurotransmitter acetylcholine, which helps with memory and cognition. There are also studies showing that sage may slow progression of Alzheimer's disease.
- · Gotu kola combines the ability to relax the body and still the mind, which is why for centuries it has helped Indian yogis to meditate. It is said to strengthen the crown chakra – the energy centre at the top of the head, which is closest to heaven. Rosemary stimulates clear thoughts - "There's rosemary, that's for remembrance," wrote William Shakespeare. Brahmi is another ancient herb in the Ayurvedic tradition. Not only is it good for improving memory and acquiring and retaining information, brahmi can regenerate damaged nerves, making it particularly good for stroke recovery.
- The stress hormone cortisol dulls concentration and affects memory. The adaptogenic group of herbs - Siberian ginseng, licorice, Korean ginseng, schisandra, astragalus, gotu kola, tulsi, rhodiola, and withania - can all help to clear the mind and reduce stress.
- The amino acid glutamine plays a key role as a neurotransmitter in memory and concentration. For best effects, take between meals.

#### Natural therapies

- The Dalai Lama once said, "I have a busy day ahead. I must meditate twice as long." Although it's tempting to keep thinking of all the things you have to do, it is more helpful to clear the mind of clutter for at least a few minutes every day. Regular meditators know that meditation makes them more focused and mentally efficient.
- Buteyko breathing helps in two ways. Firstly, by switching on the relaxation response, it reduces stress hormones that



Indian elephants love chewing gotu kola leaves – and as everyone knows, elephants never forget.



- affect concentration; secondly, it improves circulation, allowing more oxygen and glucose to nourish those lagging brain cells.
- Studies published in Nature showed first-grade students who participated in special music classes saw their reading and maths skills increase dramatically. Other studies have shown an increase in learning of 24 percent and memory of 26 percent after listening to appropriate music. Music with a rhythm of 60-80 beats a minute is calming and relaxing; coincidentally (or not) the resting human heart has precisely the same rhythm. Baroque music, composed mainly in the 17th and 18th centuries, has this soothing beat. Composers include Pachelbel, Debussy, and Bach.
- Use it or lose it whether it is sudoku, bridge, or studying for your Master's degree, use the mind you have been blessed with but don't abuse it. Be selective in what you want to remember or devote your mind to. Unless you want to 'zone out' (and that's OK, too), choose quality reading material and TV that will enhance your life.
- Smell goes straight to the emotional part of the brain, bypassing thought processes. If your emotions are centred, it is likely your mind will be, too. Blend these oils into a base of 10 ml of brahmi oil and massage into scalp and temples: 1 drop basil (cephalic), 3 drops lemon (for mental fatigue) and 2 drops rosemary (for memory).

Naturopath Mim Beim is the author of Mim Beim's Natural Remedies (Rockpool Publishing, www.rockpoolpublishing.com.au, \$29.99), available at all good bookstores and online. Visit Mim at www.beamingwithhealth.com.au

#### Anti ageing **SPECIAL**



Nutritionist Lowri Turner has created a program that balances the weight-loss hero serotonin, so you look and feel younger.





The S Factor tor



cientists now know that certain foods have a direct effect on the way we think and feel. The S Factor diet goes one step further. It is a diet designed to lift your mood, reduce your appetite, and burn fat. Let's start with a few questions:

- Do you want to lose weight?
- Are you an emotional or comfort eater?
- Do you start diets and fall off them?
- Do you have clothes you can't fit into?
- Do you crave chocolate at night? If you answered "yes" to any of the above, the S Factor diet is for you. It's based on the scientifically proven link between certain hormones – including serotonin, dopamine, leptin, and adrenals - and the foods we eat. Once you are fuelled with the right amounts of these special hormones, you will have a reduced appetite, fewer cravings, and more motivation to exercise. You may also burn fat more effectively, sleep better, your skin and hair could improve, and PMS and other conditions like PCOS and endometriosis may also be eased.

#### The trouble with diets

All this makes old-fashioned diets sound, well, old-fashioned. It also explains why so many of the diets you have been on may have failed – it's the diet that failed, not you, by the way. The problem with most diets is that they make you depressed. This isn't just because you have to live on lettuce, it's also because they starve you of the raw materials needed to make S Factor hormones.

Conventional diets fall into two main types: Low-fat diets and High-protein diets.

Low-fat diets: Reducing saturated fat can be a good thing. Reducing trans fats is also essential. However, if you cut all fat out of your diet, you may lose good omega 3, 7 and 9 fats. We need these fats to make our brains, as well as our bodies, work properly. Low-fat diets can actually make you fat. Not eating enough essential fats has been directly linked to depression. And what do we do when we're depressed? We eat of course, only we don't binge on broccoli;

## The S factor

Consider each of the following statements and rate yourself on a scale of 1-5, with 1: strongly disagree, 2: disagree, 3: not sure, 4: agree, and 5: strongly agree.

- 1. I sometimes feel down or depressed.
- I crave bread, pasta, cake, chocolate or wine, especially at night.
- I don't sleep well.
- After a hard day, I want to "treat" myself with food.
- I am an emotional or comfort eater.
- I really struggle on high-protein diets.
- I am not that hungry at breakfast time.
- In the week before my period, I turn into a chocolate monster.
- I am aged 38-55 (rate yourself 5 if true and 1 if false)
- 10. I tend to put on a spare tyre in the winter.

#### Results

Add up your scores. If you scored 30 or more out of 50, you may find it easier to lose weight if you balance your serotonin levels.

## Anti ageing SPECIAL

Eat to turn back time



## The "good mood" hormone

Serotonin is a neurotransmitter we make in our brains. It helps us feel happy, contented, and calm. The bad news, if you have no Y chromosome, is that women make less serotonin than men. Worse, we make even less serotonin in the run up to our periods – cue PMS rage. The reason is that serotonin and oestrogen are linked. When oestrogen drops in the run up to your period, so does serotonin. Perimenopause, starting from age 35 on, which sees oestrogen production slide, is another problem. I see many clients who say they've never had a problem with chocolate but now, at 39, they can clear a box of truffles in one sitting.

Doctors already know the power of serotonin. Antidepressants like Prozac are known as selective serotonin re-uptake inhibitors (SSRIs), and they work by prolonging and amplifying serotonin's effect on the brain. But, SSRIs can make you feel groggy and affect your sex drive. The reason serotonin is important for losing weight is because low serotonin not only makes you feel depressed, it also makes you HUNGRY.

But the right level of serotonin reduces stress and anxiety and is a natural appetite suppressant. It also promotes sleep and that's good for boosting the "I'm not hungry" hormone, leptin. For dieters, serotonin is the all-natural diet miracle "pill". It turns down cravings, melts away emotional eating and basically makes you want to eat less. And the best bit is that you can make it yourself for free! Serotonin is made from the amino acid tryptophan, which you get from food. The best sources include avocadoes, bananas, beans, chicken, eggs, fish, and turkey.

instead we crave chocolate, cake, biscuits and bread – all the things that pack on the pounds. Low-fat carbohydrate foods like rice and pasta also have a high GI (glycaemic index) value, meaning they break down quickly into sugar, and if sugar in your blood gets too high too fast, it is stored as fat.

Low-fat diets can also give you PMS. Every cell in our bodies has a 'skin' around it partly made of essential fats, which keep cell walls flexible, which they need to be for all your hormones, including sex hormones like oestrogen, to work properly. If you don't have enough of these essential fats, this can worsen symptoms of PMS and aggravate hormonal conditionals like endometriosis.

High-protein diets: In terms of feeling happy, high-protein diets are awful. One of the most important S Factor hormones is serotonin. Good serotonin levels help us feel happy. Serotonin is made of tryptophan, an amino acid we take into our body in the form of protein. But, and it is a HUGE but, you need a hit of insulin for serotonin to enter the brain. How do you raise insulin? By eating sugar. High-protein diets make you depressed by cutting out the sugar hit you need to produce serotonin.

#### Born to love cake?

Genetic factors also play a role in weight gain. Scientists have recently focused on the so-called "Thrifty Gene Syndrome". This gives those with certain DNA the ability to store more of their food as fat – great in a famine, pretty annoying when you have skinny jeans that you want to fit into. There has also been scientific interest in a gene that appears to code for a lower number of DRD2 dopamine receptors in the brain. It has been called the low DRD2 or low D2 gene, and is being interpreted as an "addiction gene". The thinking is, if you have fewer dopamine receptors, you may try to over-stimulate the ones you do have and develop compulsive cravings. This gene may explain why addiction seems to run in families. There certainly appears to be a correlation between this faulty gene and drinking too much. Alcohol is a sugar, so there is a certain logic in suggesting that the same gene may also lead to sugar "addiction".

It seems people who have the low DRD2 gene are vulnerable to anything that can stimulate feelings of pleasure. It could be cigarettes, a glass of wine, or a slice of cake. The additional problem is that the more you stimulate the dopamine pathway in the



Good levels of serotonin make us feel calm and cravings-free; low levels affect sleep, make us depressed, and turn us into chocoholics.

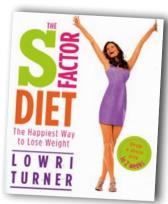


brain, the more it needs to be stimulated – so you end up eating bigger and bigger portions to get the "normal" pleasurable effect. I always ask new clients if there is any history of compulsive behaviour (addictions to alcohol, drugs or gambling) in their family, just as I ask if there is a history of diabetes or heart disease. Indeed, a high proportion of my clients are the children of alcoholics, have had a brush with heavy drinking themselves, or used drugs as a teenager. But the point is, you are more than your family history, more than just DNA. Many people are born into challenging backgrounds and don't develop addictions or cave in to compulsive behaviours.

And personally, I really like compulsive people – they have amazing determination and drive. Admittedly, this can propel them to do things that are fantastically unhealthy, but it can also result in high achievement. War Sir Edmund Hillary slightly compulsive about reaching the top of Everest? Definitely.

I'm not saying that all high achievers are compulsive, but it certainly helps.

Lowri Turner is a qualified nutritionist and hypnotherapist, and the author of The S Factor Diet (Duncan Baird Publishing/Simon & Schuster, www.dbp.co.uk), available in all good bookstores.



#### Anti ageing **SPECIAL**

Hear, hear



A common sign of ageing, this can also strike earlier in life. Naturopath Nicola Stephenson shows you how to protect yourself.





Use your finger tip or thumb to apply gentle to medium pressure to the Ting Hui point, located on the face just in front of the ear; the Xia Guan point, found in front of the ear in the depression above the jawbone; and the Yi Feng point, situated just behind the ear lobe. Apply gentle pressure to these points for one minute at a time.



ommon causes of hearing loss include: a nutrient-deficient diet; poor circulation; infections; wax build-up; and trauma and excess noise. In fact, you wouldn't believe how little noise it takes to damage those precious little hairs and nerves in your inner ear, which transform sound vibration into sensory impulses that travel via the acoustic nerve to the brain. According to the National Acoustic Laboratories (research division of Australian Hearing, www.nal.gov.au), being exposed to sounds above 85 decibels for more than eight hours a day significantly increases the risk of hearing loss - that doesn't even equate to the noise of a lawnmower, blender, or hairdryer! Wear ear plugs when using power tools or at loud concerts, reduce the volume of your TV or stereo, and choose speakers rather than earphones.

#### Protect your ears

Ear wax protects against foreign objects like dust and bacteria entering the ear; however, it can harden and lodge in the ear canal, causing a 'full' feeling, tinnitus symptoms, and partial hearing loss.

Cotton buds can worsen the problem by pushing wax deeper into the ear canal – save them just for cleaning the outer ear. The jury is out on ear candling: it is believed that the smoke from the hollow candle creates a vacuum that draws out the wax, but a study published in Laryngoscope has shown that this is not, in fact, the case, and that the

process can actually deposit candle wax into the ear, as well as being a potential fire hazard.

The best solution is to get some liquid glycerine from your chemist and, using a dropper, gently insert 2 drops in each ear for two days. Stop up ears with cottonwool when showering, and don't swim for those two days. Then remove the cottonwool and wash your ears under a steady, gentle stream of water (no pressure). This will flush out the ear wax. Always dry outer ears thoroughly, and repeat the process if ears still feel blocked.

Diet and supplements can help preserve hearing, especially the antioxidants, as research has shown that loud noise creates a surge of free radicals in the inner ear, causing cellular damage. High quality antioxidants like glutathione, cysteine, and riboflavin can help protect against free radical damage. Large quantities of superoxide dismutase, another antioxidant, have been shown to help prevent noise-related hearing damage in animal experiments. Overproduction of ear wax may also be the result of a significant omega-3 fatty acid deficiency: a naturopath can prescribe you high potency, mercury-free fish oil in liquid form that will correct a deficiency much faster than cheap over-thecounter fish oil capsules.

Nina Stephenson, BHsc, is an ATMS accredited naturopath and nutritionist at Pursue Wellness Eternal. wellnesseternal@gmail.com



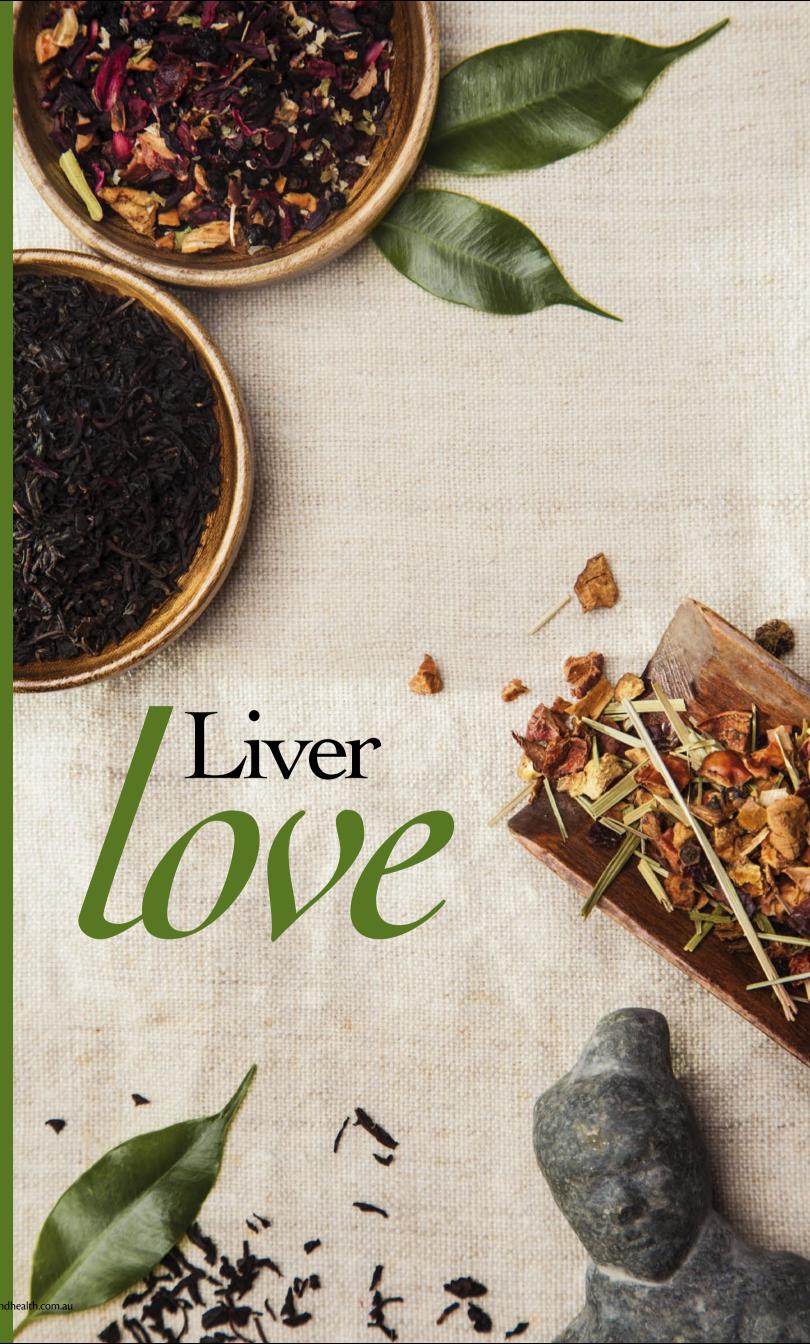
Got a question about health? Ask us on Facebook, www.facebook. com/NatureAndHealth

Anti ageing SPECIAL Liver health



In traditional
Chinese
medicine, all
disease arises
from qi
stagnation;
therefore, all
disease is
related to the
liver, because
regulating qi
is one of its
key functions.





he liver may not be the direct cause of the disease, but it is related because of this function. Its second key function is to govern the storage and delivery of blood throughout the body. In TCM, everything is connected, so if liver function is compromised, any body part related to its function of controlling blood flow can be affected.

#### Signs and symptoms

Symptoms that indicate compromised liver function include blood or bleeding issues e.g. excessive menstrual bleeding; internal bleeding such as nosebleed, passing blood in the faeces; and certain blood-related conditions, including leukaemia and iron problems. In TCM one reason for these symptoms is that the liver fails to deliver adequate blood, so when we treat those problems our main focus is the liver.

The liver requires blood and nutrition to work properly. If it receives insufficient of either, eye problems may manifest: blurry vision, dry eyes, watery eyes. In fact most vision problems relate to lack of blood supply to the liver, or the liver not supplying adequate blood, for the eyes are the external manifestation of the liver. Each organ has an external manifestation: with the kidney, it's teeth and bones, with the lung it's the skin - anyone with a lung condition will never have good skin.

When the liver's blood supply is lacking, menstrual problems may occur, e.g. painful and/or short periods, or blood that is light in colour and volume. Women with PCOS may stop menstruating, which is also associated with the liver blood and the liver's other function of qi regulation. The liver also connects with the gall bladder where it influences bile production and release. Because it also regulates digestion, poor appetite, bloating, tightness or discomfort around the ribs can relate to the liver. Frequent muscle spasms may be partly related to the liver if it's not regulating the blood properly, resulting in a lack of nutrition. This is also associated with the spleen.

#### Emotional connection

People experiencing emotional stress sometimes feel they have a lump in their throat that creates difficulty in swallowing, even though tests reveal nothing. We call this 'plum pit qi',

because the sensation is similar to having a plum pit lodged in the throat. However, it is actually a physical manifestation of qi stagnation that usually occurs when someone is particularly stressed and emotional – again, this is to do with the liver.

**Stagnation and fire:** Stagnation of liver qi can cause physical discomfort and tightness around the rib area, as well as depression and low energy. PMS is frequently to do with liver qi stagnation, which can create soreness, tenderness, and swelling in the lower abdominal area and breasts. The liver's own function regulates energy up and down. If there's a problem with regulation sometimes the energy goes into overdrive, causing an excessive amount of upwards energy – this creates liver fire, which is the antithesis of the liver's preference of soothing down the energy. Liver fire can cause high blood pressure, red or sore eyes, bad temper, inflammation, bad breath, and dry or bitter taste in the mouth.



Stress and emotional drama affect liver function and, vice versa, if the liver develops blood or qi stagnation, this negatively impacts emotions.



**Wood element:** Within the five elements of TCM – wood, metal, fire, earth and water - liver is wood. Wood catches and releases wind. Consequently, the liver can develop wind syndrome, or liver wind, an internal or external wind attack. Wind syndrome is defined by movement: it cannot settle. So tremors, shaking, restless-legs syndrome, Parkinson's disease, or difficulty calming the mind or the physical body may be liver wind syndrome. Fire can also create wind, because its movement is partly related to liver wind syndrome; so liver wind syndrome is often associated with liver fire.



## Preserving liver function

In TCM all these factors are so closely blended it's impossible to separate them. So when we treat these types of symptoms, we combine herbal medicine and acupuncture into one formula that helps the liver's action of storing and delivering blood, and also calms the fire, expels the wind and regulates qi. Regular acupuncture treatments help keep the liver functioning optimally – but a good acupuncturist won't confine treatment only to the liver meridian because all the organs are interrelated.

The most important thing you can do for your liver is to have sufficient sleep, as this is when the liver purifies the blood. Go to sleep before 11 p.m., because the highest level of liver qi is between 11 p.m. and 3 a.m. This means liver energy is at its peak for purifying the blood as the other organs' activities are minimal and so require less blood. Sleep is the best detox.

The second thing is to minimise and clear liver fire. This comes back to managing stress, because the liver regulates qi, and stress stagnates the qi, which in turn affects the liver. As for food, most green foods benefit the liver, along with goji berry, chrysanthemum, water chestnut, carrots, seaweed and mushrooms. Additionally, moderate your intake of spicy foods as many create liver fire. Eat adequate but not excessive amounts of fat: your liver may not be able to tolerate it. And water is very important: be sure to have enough, but not too much.

Yun Niu PhD (Oriental Medicine) is a member of the Australian Traditional Medicine Society. www.atms.com.au

#### Anti ageing **SPECIAL** Top tips

Ageing is not a choice - but how we age is! Try these top tips from naturopath Ann Vlass.



# Your Manage Villy kit

## Stand up

Spending more time on your feet protects your DNA. Research proves that too much sitting shortens telomeres, while standing lengthens them. Short telomeres - the protective end-cap segments of chromosomes – are linked to premature ageing, disease and early death. While undertaking more exercise appears to have no impact on telomeres, regular exercise reduces the loss of aerobic capacity, muscle strength, and immune function by 50 percent. So switch off that screen and go for a long walk.

Sleep and nap

Poor sleep accelerates brain ageing. Sleep deficit also reduces your ability to detoxify, increases inflammation and stress hormones, and delays production of antiageing hormones. Deep REM sleep is the key for both memory consolidation and production of growth hormone (for cell repair and growth), testosterone and DHEA (which improve body composition, strength, muscle mass, and endurance while decreasing visceral fat and total body fat). The secret is to be asleep by 10 p.m.

For centuries, Ayurveda has recommended Vamakukshi, the practice of taking a siesta to replenish our intrinsic biphasic sleep patterns. Nap for around 20 minutes after lunch. The body's energy moves inward to focus on digestion and once it's complete, the siesta naturally ends. This time out also enhances energy, alertness and overall health.

#### Z Eat nature's rainbow

Maintain optimum antioxidant blood levels through your food. Antioxidants in cranberries, blueberries, strawberries and raspberries appear to protect against stroke, maintain mental sharpness, and ward off cancer. Studies suggest an increase in lifespan

with regular consumption of coloured foods. Harvard Medical School researchers have added longer telomere length - and hence longevity – to the long list of positives associated with the antioxidant-rich Mediterranean diet, which is typically plenty of fish and veg, relatively little meat, a little wine, extra-virgin olive oil, and large quantities of wild greens and herbs.

✓ Ditch sugar

Having sugar (including fructose) as a dietary staple is a fast track to ageing. As well as raising insulin and leptin hormone levels, sugar enters the bloodstream where it bonds with protein molecules including the skin's collagen and elastin fibres - to form advanced glycation end products (AGEs), which do exactly what the acronym implies: they age you with sagging, wrinkled skin, and inflammatory diseases like cardiovascular disease, Alzheimer's, and diabetes. The inflammatory process also activates the immune system to work extra hard. Several animal studies show that restricting production of AGEs increases lifespan.

## CGet connected

Numerous studies show that socially connected people double their survival odds. Supportive relationships really are medicine for the heart, body, and soul. And a relationship with a pet is just as valuable as a human one, with pet owners living longer, happier, and more fulfilled lives. As with human friends, a pet can show devotion and bring necessary companionship, closeness and comfort. An act of kindness or generosity provides purpose and self-worth and results in endorphin release, which in turn reduces stress, promotes wellbeing, and strengthens immunity.

ATMS member Ann Vlass ND, BHSc, BSci, is Clinic Director at Helping Nature Heal.

#### Anti ageing **SPECIAL**

Top stress-less tips



Ageing is as much about your state of mind as your physiology, says naturopath Ann Vlass.





he impact of stress on ageing is profound: witness how a person's hair can go grey overnight. Stress in itself is not entirely bad: it is simply a bodily response triggered by an emotion and/or event. But what makes stress negative is our response to it.

#### Think healthy thoughts

One study concluded that men who experience persistent moderate or high levels of stressful life events over several years have a 50 percent higher mortality rate. By cultivating flexibility into our consciousness, we free ourselves from problems and stressors and expand our awareness. Our "reality" is shaped by our perceptions, so when we are stressed, we feel and look older. Observe how children play and laugh freely, finding wonder in the smallest things: they are not yet conditioned to restrictions and limitations. Do something daily that provides the fun you had as a child.

Start the day with good thoughts. These perceptual changes in your mind can physically reverse ageing. Consciously avoid being a perpetual pessimist; instead, balance being a bit optimistic with a bit pessimistic so as to neither over-extend yourself nor become a total cynic. Become aware of your internal dialogue. If you find yourself saying, "I'm too old to do X", make a conscious choice to shift your perspective and train your mind to see with new eyes, to let go and be. Keep active, practise relaxation techniques, surround yourself with youthful friends and you will feel youthful.

#### Breathe deep

Chronic stress makes us shallow-breathe; this releases extra cortisol, which ages us. Clinical studies prove that wellness and lifespan depend on optimal breathing. Breathing exercises make skin glow because they increase lymph, oxygen, and blood flow; keep the immune system in check; renew skin turnover; improve digestion and nutrient absorption; reduce blood pressure; and enhance mental capacity and metabolism.

#### Affirm yourself

Experiments with older people who either reminisced about their youth, or were placed in a virtual time warp physically set up to look like their youthful years, reveal that changing thoughts slows ageing. These people believed they were younger - and their bodies changed as a result. Saying or writing affirmations daily keeps your thoughts healthy. A powerful one is "I am flexible, youthful, happy and healthy". The trick with affirmations is to express them in the present tense, with emotion. Write your affirmation on cards and leave them around; when you see a card, say the affirmation out loud. Your subconscious mind doesn't know the difference between real and imagined, so fake it until you feel it to be true. Believing we are free from the shackles of our stressors frees our spirit and brings us back to our childlike nature our eternal essence of being. This is what real anti-ageing is: being free!

ATMS member Ann Vlass ND, BHSc, BSci is Clinic Director at Helping Nature Heal.

# Anti ageing SPECIAL The TCM perspective

# An facelist

Cosmetic acupuncture presents a non-invasive alternative to a surgical face-lift, says TCM practitioner

**Scion** 

Yun Niu.

osmetic acupuncture involves inserting ultra-fine needles – 0.12 to 0.16mm – into numerous facial points. It may hurt a little, but you don't experience the strong sensation that occurs in body points, because facial needles are very shallow. Studies show facial acupuncture stimulates collagen production almost immediately. In TCM theory, the needles also stimulate blood flow and regulate energy flow in the area.

During your initial consultation, a registered acupuncturist will question you about your health background and prescribed medications. It's important to give a complete picture, as a health challenge may be the direct cause of certain facial lines, bumps, or colouration.

### What happens to you

Once the needles are in, you should be put in a very calm environment to rest and encourage energy flow to the face. Regulating the blood around your face also regulates blood supply around your body; immediately, you start to feel really calm. After 20 to 30 minutes, the needles are removed. You should notice almost immediately that your face feels tighter.

I suggest clients start with 10 to 12 sessions, ideally two per week: the shorter the time span, the more effective the treatment. After several sessions, people around you

become aware that something is happening, although they're not sure what. You look more vibrant because of the glow that comes from improved blood supply. The deeper lines and wrinkles will take longer to reduce – after all, they took a long time to form. The effects last six to eight months, after which you can return for another 10 sessions. Some clients choose to do a monthly top-up treatment from the beginning.

There is only one side effect, but it's very minimal and manageable: the rich supply of blood vessels underneath facial skin means stimulation with those fine needles may cause bleeding. In most cases, this stops immediately. Internal bleeding may result in a small or large bruise, depending on the needle used and the location. For this reason it's crucial to advise your practitioner if you're taking blood-thinning medication.

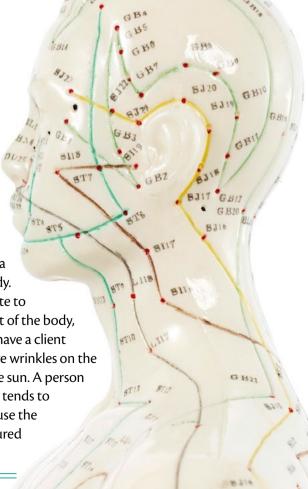
## TCM philosophy

Two principles underlie the theory behind facial acupuncture:

- The meridian theory: Some meridians run through your face, and some actually start in the face. Certain facial points are important on the related meridian: stimulating a particular one can stimulate energy flow along that entire meridian, improving the function of the related body area.
- 2. Reflexology: This means different facial areas reflect various body organs: the face is essentially the map of the body. For example, the cheeks are connected to the liver and small intestine; the jaw to the lower legs; and the tip of

the nose to the spleen. Bumpiness in certain facial areas may indicate a problem in another part of the body.

While most issues on the face relate to what is happening in the relative part of the body, there are exceptions. For example, I have a client who works in transport and has more wrinkles on the right side of their face, because of the sun. A person who regularly works night shifts also tends to have a more tired-looking face because the liver and brain are meant to be nurtured at night and this affects your face.



#### Anti ageing **SPECIAL** Expert advice



We can't control our genes, but we can control pretty much everything else that affects our skin, says naturopath Teresa Mitchell-Paterson.





### Minimise UV

Ultraviolet light causes photo ageing by reducing collagen in the skin. Photo damage also creates a chronic inflammatory state just under the skin; so the redness of sunburn is the acute inflammation, but this then produces a chronic inflammation, which releases a proteolytic enzyme that breaks down proteins under the skin's surface and disrupts the skin matrix. Certain drugs, notably anti-cholesterolemics, also cause this; moreover, they increase sloughing on the skin's surface, which accelerates ageing.

Skip smoke ✓ Smoking causes the breakdown or loss of elastin, which results in wrinkles.

**Turn Japanese** Japanese women appear eternally

youthful. To investigate the relationship between their diet and their skin's appearance, researchers studied Japanese women who led a normal lifestyle, weren't purposely hiding from the sun, or using either invasive or non-invasive anti-ageing techniques.

They found one of several factors that contribute to Japanese women's agelessness is skin hydration: this was particularly high, as were the surface fat and the elasticity of their skin. The main factor behind this is a higher consumption of fat. These women eat a larger percentage of saturated fat – generally from organic meat - than Westerners.

However, the saturated fat must be moderated with some monounsaturated fats from olive oil and fish oils in particular, because without it, the ageing process accelerates. There's no suggested daily intake range for fat, but my thoughts are 30 to 50 grams, although these women eat closer to 100 grams. Additionally, Japanese women have a very high intake of antioxidant-rich yellow and green vegetables. It's thought this eating style has an anti-inflammatory effect on skin, reducing disruption of the dermal matrix and helping skin retain moisture. The other thing I find interesting is none of the women lived or worked in air conditioning, which is notorious for drying skin.

## Drink (and apply) rice wine

Rice wine (e.g. sake), ingested or applied topically, stops the epidermal barrier from breaking down post-UV exposure. In mice, the wine actually decreased UV-induced epidermal thickening. Based on this fact it appears to have significant anti-ageing effects. Rice wine also stimulates collagen and promotes laminin 5. There's a barrier between the skin's epidermal layer and basal layer called the laminar layer - when you lie in the bath for a long time your skin becomes wrinkled, because the laminar layer is disrupted. Rice wine promotes a healthy laminar layer, so skin retains moisture and reduces trans-epidermal moisture loss.

**Pick** herbs

Certain herbs used internally and topically have anti-hyaluronidase activity, meaning they stop the breakdown of hyaluronic acid, the key molecule in skin moisture. Some people have hyaluronic acid injections, but burdock root gets the same results, plus it boosts collagen synthesis. Astragalus stimulates hyaluronic acid production, and wild yam has an anti-collagenase activity, stopping collagen breakdown. Aloe vera juice has the same effect, plus it tightens and firms skin, something turmeric and liquorice also do. Dill promotes skin elasticity, as does Sichuan pepper. Gotu kola and cinnamon promote collagen synthesis, and cinnamon is also is anti-fibrogenic, meaning that it stops skin thickening.

Teresa Mitchell-Paterson BHSc, MHSc, AdvDipNat is a member of the Australian Traditional MedicineSociety. www.atms.com.au

# Banish candida

Hippocrates, the 'father of medicine', said that all diseases begin in the gut, and this is particularly true of the far-reaching effects of intestinal yeast overgrowth.

andidiasis is a fungal infection caused by yeasts that belong to the genus Candida. There are over 20 species that cause infection in humans, the most common being Candida albicans. Candida yeasts normally live on skin and in some body cavities (e.g. mouth, vagina, nose, intestines) without causing symptoms.

#### What goes wrong

Candida growth is usually kept under control by a healthy immune system and friendly gut bacteria. However, it can multiply if friendly bacteria are reduced. Other causes include lowered resistance (e.g. due to AIDs, diabetes or chemotherapy), a high sugar diet, excessive use of broad spectrum antibiotic, immunosuppressant, or steroid drugs, and in some women, high doses of oestrogen found in some oral contraceptives or during pregnancy. There may be a thick white vaginal discharge and itchy anus and vulva; the tongue may develop a thick white coating, and white patches appear in the mouth. Candida often causes a rash in moist skin folds, such as the armpits - I see this a lot in diabetics.

Candida albicans can change from a simple non- invasive cell to an invasive mycelial form with tendrils (tentacles) that grow like roots and penetrate the bowel wall, acting like a leaking pipe through which waste products and toxins enter directly into the bloodstream rather than go to the liver to be broken down; this causes fatigue, brain dysfunction, allergies, and mysterious health problems.

### What you can do

Avoid yeast extracts (e.g. Vegemite, Marmite), alcohol containing sugar

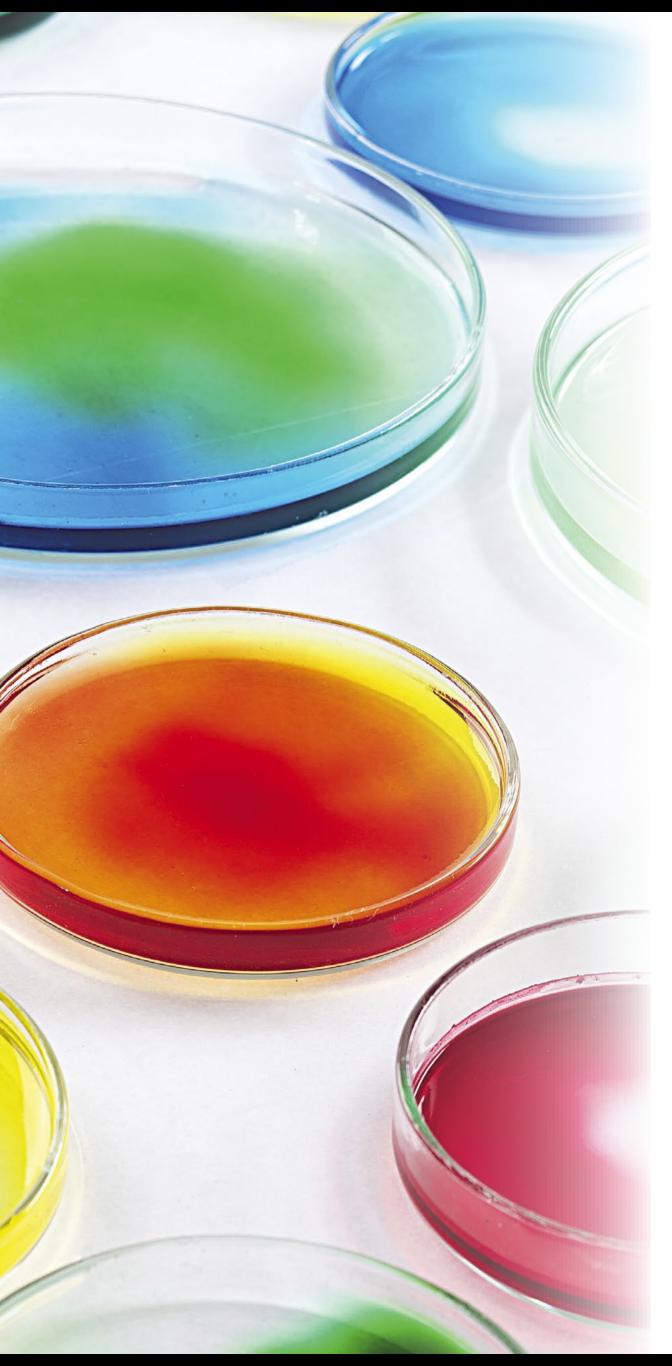
(unsweetened spirits are generally safe), pickles and preserves containing sugar, jams, canned fruit, dried fruit, peanuts, melons and any fruit that is mouldy. Remove skin on all fruit if you have candida. Skip bread, muffins, pastries, cakes, and biscuits and all foods containing white sugar, baker's yeast and flour, lollies, sugary drinks, and any foods containing malt. Avoid every type of sugar, including raw brown sugar, molasses and honey, as they feed candida and other unhealthy yeasts in the bowel. You may use small amounts of a good quality honey (e.g. manuka) because it contains natural antibiotics that stop fungi and bacteria from growing. Stevia is not a problem for those with yeast infections. Sugar alcohols (e.g. xylitol, maltitol, erythritol) are generally safe as they are not fermented by bacteria and yeasts. Natural sweeteners like Nature Sweet Sugar Substitute are safe.

Fruit – no more than two pieces daily - can be eaten provided it is fresh and free from mould. In those with severe candida, fruit



### Fight back ~~~~~

minerals	Selenium and zinc boost cellular immunity. Vitamin C is essential.
Herbs	Goldenseal, thyme, pau d'arco and olive leaf, as tinctures, teas, or capsules. Aloe vera liquid helps reduce yeast infections. Oregano oil contains the antifungal active ingredient carvacrol – take one 45mg capsule with meals. Grapefruit seed extract (75-300mg daily) is considered safe. (Note: Risk of bruising or bleeding if combined with blood-thinning drugs). I recommend Intestinal Para Cleanse, which contains wormwood, black walnut, cloves, garlic, butternut root bark, buckthorn bark, and pau d'arco; avoid if pregnant or breastfeeding. (www.liverdoctor.com)
Mouthwash	Make a solution of Lugol's iodine, wild oregano oil, grapefruit seed extract and a few drops of tea tree oil. Gargle and swish in mouth before bed, then spit out.



#### The alcohol mystery

A surprising case of intestinal yeast overgrowth was reported in Australian Doctor. The yeast overgrowth had followed a one month course of antibiotic drugs given to a man. Over the next few years, the only symptom he had was a foggy, muddled brain. He told his doctor that he felt drunk so the doctor tested his blood alcohol level, which was elevated, although he rarely drank alcohol. His wife and doctor came to believe that he must be hiding an alcohol problem! Finally, he had a test to culture the bacteria and fungi in his stools – guess what was found? A very high concentration of the yeast that's used to brew beer! He was making alcohol inside his intestines and this was being absorbed into his bloodstream. He was finally cured by a course of anti-fungal drugs.

should be totally avoided for three months. Coconut or almond milk or A2 dairy milk may be used; however, avoid brands with malt, sugar or maltodextrin. The diet should be high in fibre and healthy fats (e.g. flaxseed, pumpkin seeds, chia, hemp, non-hulled tahini paste, avocadoes, coconut). Coconut oil is particularly effective against Helicobacter pylori bacteria and candida. It contains lauric acid, which has infectionfighting properties. Consume more fibre-rich raw and cooked vegetables. Fibre ensures that the bowel is emptied regul arly, reducing the risk of candida building up. Greek-style or coconut yogurt contains friendly lactobacillus bacteria which fight candida. Avoid yogurt with sugar or fruit. Take a daily probiotic supplement. Foods with natural antibiotic properties include: raw garlic, raw ginger, onions, leeks, radishes, cruciferous vegetables, cinnamon, thyme, oregano, and rosemary. Generally speaking, mushrooms are not a problem and some species fight candida, including reishi, maitake, shiitake, and Trametes versicolor (Yun Zhi).

Dr Sandra Cabot is the author of "Healthy Bowel Healthy Body - an A to Z guide to heal the bowel" now in store and online. www.sandracabot.com

Healthy pet

Natural tips and tricks for common pet health problems, greens for animals, and amber flea-repellent collars.



## Lyndall

Animal naturopath Lyndall Pinchen, on getting your pet to eat their greens.

While most of a dog's or cat's diet should come from meat and bones, small amounts of vegetables provide many benefits, especially antioxidants for an older animal and fibre to aid weight loss in an overweight one. Leafy greens most resemble grasses and other greens that animals will eat in the wild - lettuce, dandelion, parsley, beet, celery and carrot tops, kale, sprouted seeds, spinach. They are rich in nutrients, and possess cleansing and pHbalancing properties. Zucchini, beans, yams and pumpkin are good choices, but avoid corn, peas, onions, tomatoes, white potatoes, capsicum, eggplant, avocado, mushrooms or too much carrot, due to its high sugar content. For dogs, aim for veggies to be 20 percent of the diet, for cats, around five percent. If you encounter resistance, try pureeing or pulping veggies. Consider a supergreen supplement like wheatgrass, which contains chlorophyll along with a wealth of nutrients to regulate metabolism, maintain healthy skin/coat, strengthen immunity, prevent anaemia and reduce the risk of certain cancers. Let your pet nibble the fresh leaves, or add the powdered form to food – a pinch for a cat and up to 1 teaspoon

daily for a dog, starting slowly and building up the dose. Give cats catmint (or catnip), too: it contains nepetalactone,

a volatile oil which is thought to mimic feline pheromones and give kitty a natural 'high'. Cats love to eat it or roll in it.

Animal naturopath Lyndall Pinchen is the owner of Canine Vitality

Naturopathic service for dogs. www.

caninevitality.com.au

Lyndall's pick: For natural flea and tick protection, a Baltic amber collar creates an electrostatic charge via friction with the fur, that repels parasites. www.ambertherapy.com.au



#### Home help ~~~

Diarrhoea	Fast for 24 hours, then feed mashed pumpkin, chicken, slippery elm and probiotic powder. Offer 6C or 30C homeopathic remedies three times daily: Arsenicum (tainted food); Nux vomica (wind); Ipecacuana (straining, frothy green stools).
Arthritis	Avoid grains. Give turmeric, rosemary, ginger, fish oil, vitamin E, glucosamine, chondroitin. Provide gentle exercise, e.g. two short walks not one long one, or hydrotherapy. Massage with diluted wintergreen. Use Bryonia 30C if better with rest, Rhus tox 30C if better with movement.
Cracked paw pads	Massage with coconut or vitamin E oil or pawpaw ointment, then cover with socks or dog booties (www.caninespirit.com.au). Feed a natural diet rich in fatty acids and protein. Supplement with zinc, vitamin E and fish oil to strengthen and heal skin.
Skin irritation	Massage with vitamin E oil and also add to food. Spray with chilled chamomile tea, rub in calendula ointment, or try a soothing colloidal oatmeal bath.



A Spanish study has shown that 'therapy dogs' improve symptoms of schizophrenia; they can also be trained to remind patients to take medication.

## Chemicalfree skincare

Naturopath Toni Green shows you how herbs can help you have fresher, healthier, younger-looking skin.

#### Chamomile (Matricaria chamomilla)

This cooling, calming herb is particularly beneficial for reddened, dry and sensitive skin types. Chamomile balances sebum production, making it useful for conditions characterised by either over-oily or over-dry skin, including acne, eczema, dermatitis, and rashes. It is anti-inflammatory and anti-infective, so is excellent in creams for minor cuts and grazes, hives, bites, or sunburn. Beauty bonus: chamomile reduces under-eye puffiness and dark circles, and helps to heal rosacea and broken capillaries.

## Calendula (Calendula officinalis)

This emollient herb moisturises dry skin and repairs chafing or peeling, thanks to its naturally restorative and anti-ageing carotenoids. Exceptionally mild and soothing, it's safe enough to use on babies' skin. It is also antiseptic, antibacterial and antiviral, making it useful in healing salves. Topical applications of calendula have been shown to increase the speed of wound closure and formation of new skin; it is of particular benefit in preventing radiation burns in cancer patients, and for healing perineal tears post-childbirth.

To nourish sensitive skin, apply a nightly mix of 1 drop each of chamomile and rose essential oils in a teaspoon of almond oil.

#### Gotu kola (Centella asiatica)

Rich in organic compounds which strengthen skin, repair connective tissue, smooth out cellulite, and improve firmness and elasticity by boosting collagen production, and also to improve microcirculation to the skin's surface, this has exceptional wound-healing properties, and may be used topically for burns, psoriasis, acne, eczema, scars and stretch marks.

#### Green tea (Camellia sinensis)

This is excellent in healing acne: in one study, topical application of green tea resulted in a 70 percent reduction in oiliness after eight weeks, and also reduced the skin's inflammatory response to bacteria in the pores, which in turn reduced infection and pimples. Studies show that topical formulas containing green tea extract markedly reduce sun damage, by countering free radical action. Taken internally, green tea also has skin-beautifying benefits, with one study noting that a combination of a 10 percent green tea cream and a 300mg green tea supplement twice daily significantly improved skin elasticity.

## D-I-Y with Toni:

#### Flower balm

Select one or a combination of the

herbs described here and make a strong tea, using 1 tablespoon of fresh or dried herbs in one cup of boiling water. Steep for 20 minutes, strain, and smooth liquid onto face using a cottonwool ball. Leave for 15 minutes, then rinse off.

### Ginseng

#### (Eleutherococcus senticosus)

Ginseng firms skin from within by boosting production of collagen in the dermis (middle layer of skin). It contains essential oils, minerals and antioxidants which all positively affect skin cell metabolism in the epidermis (outer layer of skin), speeding the shedding of dead skin cells and the production of fresh, dewy ones. Research shows that ginseng is antibacterial and rebalances over-active oil glands, so it is also great for treating pimples and acne.

**Toni Green** is a Newcastle-based naturopath, herbalist, and iridologist. www. naturalhealthsolutions.net.au

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### Love your lymph

Q. What is lymphatic drainage?

A. Manual lymphatic drainage (MLD) is a gentle massage technique that encourages elimination of toxins and stimulates the lymphatic system. It is an essential part of treating swelling, and is highly effective in reducing post-operative oedema, especially lymphoedema, which often develops after mastectomy or surgical removal of the lymph nodes, and after chemotherapy for cancer. This therapy has wonderful effects on scar tissue and burns. The MLD touch is unique – very light and gentle, it's like having your skin stroked by a child's fingers, and it involves a repetitive motion that has an almost hypnotic effect, and is profoundly relaxing. It is also an excellent beauty treatment – the light, circular, pumping massage movements help to tighten up all the little saggy baggy bits – it's rather like a mini facelift. Find a practitioner at www.atms.com.au or www.anta.com.au.

#### Varicose eczema

#### Q. I have varicose eczema - help!

A. This is usually associated with varicose veins and oedema, and occurs when circulation through tissues in the lower leg is compromised. Control ankle swelling by wearing elasticised support stockings, which must be properly fitted by a pharmacist. Regular exercise, such as walking, is important. Avoid standing still for long periods, and elevate feet as often as possible. Gently massage skin daily with a moisturising cream to stimulate circulation and improve scaliness. Evening primrose oil, both massaged into affected skin and taken orally, reduces itching, although it can take time to work. Aloe vera gel applied to the skin will help



Dry skin brushing softens impacted lymphatic mucus in the lymph nodes. Use a natural-bristle brush, and always move towards the heart.

reduce inflammation. Horse chestnut preparations strengthen tissues around blood vessels and reduce leakage of fluid. Garlic, ginkgo biloba, and omega-3 fish oils improve blood flow through the peripheral circulation and may reduce the risk of leg ulceration.

#### Lupus pain

#### Q. Can vitamins help lupus?

A. This inflammatory disorder affects many systems in the body. The most common form, systemic lupus erythematosus, is nine times more common in women than in men. People with lupus can have many different symptoms, but the most common include extreme fatigue, painful or swollen joints, unexplained fever, and skin rashes. A characteristic rash may appear across the nose and cheeks, resembling a butterfly in shape. These visible changes reflect the widespread inflammation of blood vessels occurring throughout the body. Lupus occurs when the immune system makes antibodies targeted

against parts of the body, rather than against foreign proteins. These antibodies, known as auto-antibodies, attack certain body tissues to produce inflammation and damage. Several factors – including genetic predisposition, hormones, environmental agents, certain drugs, and viruses - may increase a person's susceptibility to the condition. It is advisable to avoid the Pill and HRT, as both can trigger flare-ups, and also to reduce intake of red meat. Aim to eat a mainly vegetarian diet and avoid caffeine, alcohol, sugar, and tobacco. Milk thistle may be recommended to help support liver function. Flaxseed, evening primrose, omega-3 fish or hempseed oils are all worth trying, for their anti-inflammatory benefits. Vitamin C is important as an antioxidant, to promote tissue repair. The B-group vitamins, vitamin E, carotenoids, and selenium also help to maintain healthy tissues.



Have you got a health question? Visit www.facebook.com/ NatureAndHealth, or email editor@ natureandhealth.com.au

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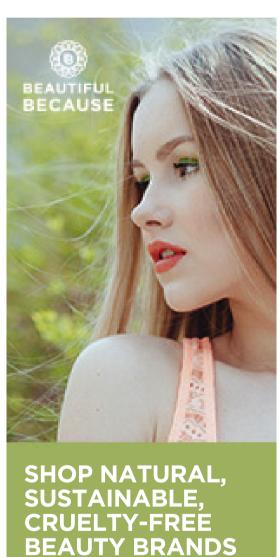




















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# Into the wild

An unstoppable achiever of 'big, hairy, audacious goals', Di Westaway has helped thousands of people get fit via the Sydney Coastrek, which has raised \$6 million for the Fred Hollows Foundation.

My home is ... on Sydney's northern beaches. My family is ... three kids, aged 13 to 23. I am inspired by ... women who take responsibility for their health, by eating well and exercising daily, all while juggling families and work. My clients are superinspiring. Many of them take on big challenges, like Sydney Coastrek, lose weight, get fit, and then share their new-found energy with their kids and friends. The Wild Women on Top Sydney Coastrek has inspired over 7,000 trekkers to get fit – and most of these women are 35 to 55 years old, which is very exciting. We have two new events for 2015 - atrek of 55 kilometres, from either Coogee or Palm Beach to Balmoral. To register or sponsor a trekker, go to www.Coastrek.com. For as little as \$25.00, you can restore someone's sight – so just go and do it! My turning point came ... when I turned 40. To celebrate, I had a life-changing adventure, climbing the highest mountain in the southern hemisphere, Mt Aconcagua in the Andes, which is 6,982 metres high. I failed to summit, because I was a novice in a fragmented group with poor leadership – but I fell in love with the concept of challenging adventures, and I decided to train women to prepare for world-class treks. Then I met broadcaster Julie McCrossin, and she showed me that all women, no matter how deconditioned, overweight, and unfit, can gain extreme satisfaction and health benefits from walking together in nature. When Julie climbed Mt Kosciusko with a 20-kilogram



become an awesome ambassador. Green space exercise is important because ... it is profoundly healing, rejuvenating, and restorative. The energy we get from nature is life-changing. In Japan, they cart busloads of office workers out into nature for 'forest bathing', to keep them healthy. Richard Louv, author of Last Child in the Woods: Saving Our Children from Nature-Deficit Disorder, has said: "The future will belong to the nature-smart – those individuals, families, businesses, and political leaders who develop a deeper understanding of the transformative powers of the natural world, and who balance the virtual with the real."

I destress by ... going rock-climbing or walking alone in nature. Research shows that your brain makes different connections when you walk – I call it 'thought-walking'. I have come up with my brightest ideas while walking. The philosopher Friedrich Nietzsche said, "All truly great thoughts are conceived while one is out walking."

the mind to heal the body. My mum was wrong about ... the importance of being a domestic goddess. My life motto is ... just do it. The thing that keeps me awake at night is ... my cats.

The thing that angers me is ... leaf blowers. If I could say one thing to myself at age 18, it would be ... say yes to adventure.





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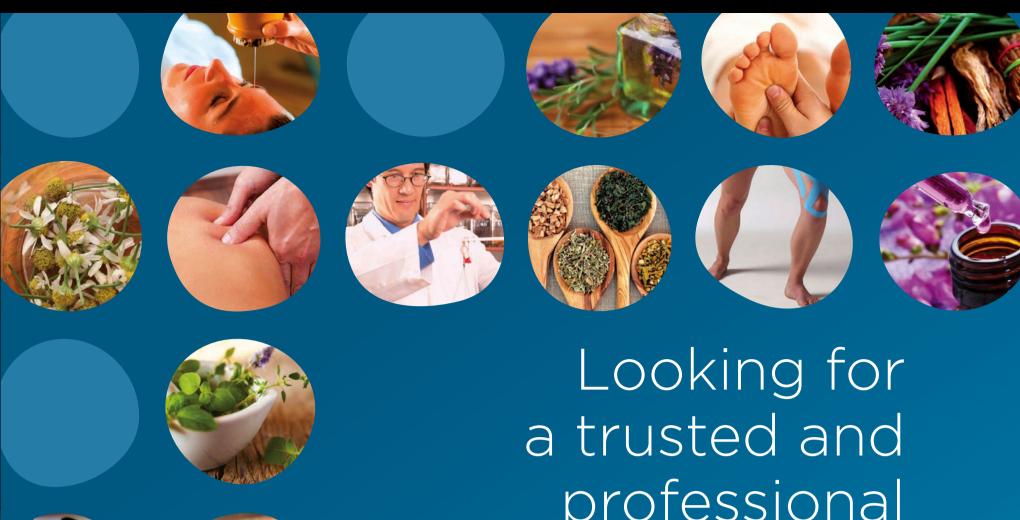


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